



Alzheimer's
Resource
of Alaska



Savvy Caregiver

6-week webinar, meeting 2-hours every Saturday

Saturday, September 30 -

Saturday, November 4

1:30 PM - 3:30 PM

**To register or for more
information contact:**

Gay Wellman

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Savvy Caregiver is for family members who are caring for someone living with Alzheimer's disease or a related dementia (ADRD).

Classes offer caregivers the knowledge and skills they need to improve quality of life for their family member, as well as for themselves.

This course provides:

- Information on ADRD
- Knowledge of how dementia affects the person
- Ideas for setting up daily care and activities for success
- Strategies for figuring out what behaviors mean and how to respond
- Tools for decision-making

Screening & Pre-Registration required. Space is limited.