



Alzheimer's  
Resource  
of Alaska



# Savvy Caregiver

6-week class, meeting 2-hours every Tuesday

**Wasilla – In-Person Class**

**Tuesday, January 16 –**

**Tuesday, February 20**

10:00 AM - 12:00 PM

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

**Janice Downing**

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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.*