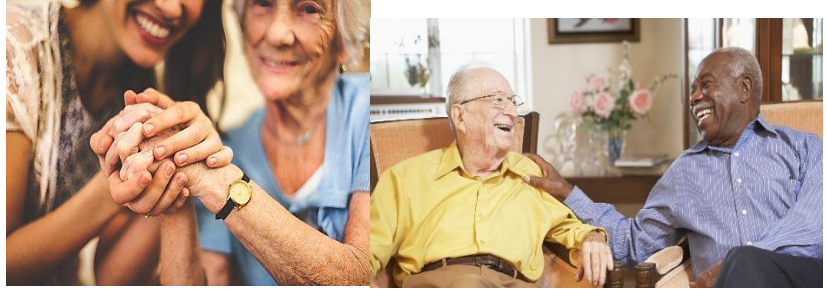


**Caring for a loved one
Is easier when you
have support**



We can help...



CREATING CONFIDENT CAREGIVERS

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. 90 Minute sessions are held once a week for three weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Topics in the three-week class include:

- Brain Behaviors
- Specific Activities for Persons with Dementia
- Basics of Dementia
- Changing in Thinking Patterns
- Communication Strategies for Caregivers

Program Details

Dates: Mondays, July 13, 20 and 27

Time: 2:00pm – 3:30pm
Meetings are once a week, for three weeks.

Location: Virtual class via Zoom! Zoom is easy to set up on your computer, phone or tablet.

Cost: No cost, donations are welcome for the class.

To register for the class please contact: Jennifer Joyner at JoynerJ@valleyaaa.org



This class is being paid for by the Valley Area Agency on Aging (VAAA) and Aging and Adult Services Agency (AASA). If you would like additional information, please call Abbie Mars at VAAA at marsa@valleyaaa.org.