

## Class Offerings

Offerings vary; both in-person and online. Call for current sessions.

Classes are 7 sessions.  
Caregiver Manual included.



### To Learn More, contact:

La Crosse County ADRC  
608-785-5700

[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)

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An evidence-based workshop for people caring for a family member or friend with Alzheimer's Disease or other Dementias.

Participants learn how to be a more effective caregiver while also taking care of themselves and finding resources.



## What is Savvy Caregiver?

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills, and attitudes, empowering them to be more intentional, strategic, and responsive in their caregiving role. Taking care of a person with Alzheimer's or other dementia is specialized work. To do this, caregivers need special skills, knowledge & a positive attitude that helps them to care for themselves. Through this 7-week class, caregivers gain skills to manage daily care, learn new approaches, and gain confidence for their important role.



## What will I learn?

- Understand the impact of dementia on both you and your loved-one.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

## Why Savvy?

The Savvy Training helps caregivers provide care over the course of the disease process. Savvy training may also increase quality of life for the care recipient because the caregiver has learned new skills. Caregivers' new skills can be put into practice daily.

Additionally, caregivers become familiar with other resources and supports in their community!

