Savvy Caregiving is a free six week training program designed for caregivers who assist persons with dementias & Alzheimer’s.

Sessions will be:
Tuesdays
September 1, 8, 15, 22, 29 and
October 6
1:30 – 3:30 pm

at
UF/IFAS Extension Lake County
1951 Woodlea Rd.,
Tavares, Florida 32778

The Savvy Caregiver program is a unique approach to family caregiver education. Throughout the six-week series caregivers are urged to learn, develop and modify strategies they can use to accomplish goals for their particular caregiving situations.

Those completing this course will
• Increase skills and knowledge for caregiving
• Gain confidence to set and alter caregiving goals
• Understand the progression of dementia
• Improve caregiver’s self-care skills
• Increase opportunities for family involvement

For details on the goals and objectives of the program, check out the reverse side of this flyer.

Class size is limited to 15! To register contact Tom RInkoski at Elder Options – details on reverse side.
## Summary of Savvy Caregiver Training Program

<table>
<thead>
<tr>
<th>Week</th>
<th>Content</th>
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| 1 9/1/15 | • Introducing the program, the participants and the materials  
    • Identifying the jobs that compose the caregiving role; and the knowledge, skills and outlook pertaining to each  
    • Studying the different types of dementias  
    • Learning about medications prescribed for dementias |
| 2 9/8/15 | • Studying the cognitive losses in the 8 key areas of the brain. Examining the decline of thinking, its resulting effects on behaviors and the implications of these losses for us as caregivers.  
    • Suggesting positive approaches to caregiver self-care  
    • Recognizing and dealing with feelings that arise in caregiving |
| 3 9/15/15 | • Proposing “Contented Involvement” as a reasonable goal for caregiving  
    • Working for a better “FIT” - matching tasks and activities to abilities  
    • Examining the different Staging Systems used to describe the progress of dementia and how they affect our interactions |
| 4 9/22/15 | • Laying out the three Anchors of Contented Involvement  
    • Using a simple Model of Behavior to understand why dementia makes persons act the way they do.  
    • Basic communication techniques we can all use  
    • Developing Strategies for common behavioral problems |
| 5 9/29/15 | • Reviewing previous week’s materials & at home applications  
    • Using the Anchors in designing tasks and activities for daily life  
    • Confusion: the central problem in dementia  
    • Taking Control: The implications of Confusion for Savvy Caregiving |
| 6 10/6/15 | • Introducing an easy-to-use model for decision-making  
    • Examining ways to work effectively with family & friends  
    • Exploring ways to make the most of doctor visits  
    • Reviewing Savvy program |

Savvy Caregiver Training is offered by Elder Options, the Mid Florida Area Agency on Aging. This series is co-sponsored by Elder Options & UF/IFAS Extension Lake County and offered to all caregivers seeking to improve their caregiving experience. For additional information on the training, or to register, contact the trainer – Tom Rinkoski at Elder Options at (352) 378 – 6649 (ext. 126) or via internet at rinkoskit@agingresources.org.