



"Skills for Dementia Caregiving" also known as "Savvy Caregiver"



Are you caring for a loved one with Alzheimer's disease or other dementia?

This FREE education program teaches you to:

- **Anticipate your loved one's needs, and stop bouncing from crisis to crisis**
- **Understand your loved one's behaviors**
- **Communicate more effectively**
- **Manage the challenges of caregiving**

The evidence-based Skills for Dementia Caregiving, aka "Savvy Caregiver", class has been demonstrated to increase caregiver knowledge, skill and confidence, while reducing caregiver stress. The program includes seven, 2-hour weekly classes, meeting for 7 weeks, and respite reimbursement funds may be available.

Classes are held throughout New Mexico. Contact The New Mexico Aging & Disability Resource Center (ADRC) toll-free at ☎1-800-432-2080 / TTY 505-476-4937 or the Alzheimer's Association, New Mexico Chapter at ☎505-266-4473 or 1-800-272-3900

📄 https://alz.org/newmexico/helping_you/savvy_caregiver_other_free_classes?_ga=2.69096146.2116948356.1568660643-634094392.1568660643