

Alliance for Aging



Virtual Savvy Caregiver Workshop

The Virtual Savvy Caregiver workshop is a **FREE** six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.

Offered at no cost by the Alliance for Aging

Taking care of a person living with Alzheimer's or dementia is specialized work. To do it successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.



Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for
- 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



To register, contact our Health and Wellness Coordinator at 305-670-6500 x 1213 or programs@allianceforaging.org. We will give you the workshop dates (July - September 2024) and the Zoom link to participate. We will meet once a week for six weeks. Each class is 2 hours.

