



## SAVVY CAREGIVERS IN MARYLAND

Proven to decrease family caregiver distress, burden and depression, while increasing caregivers' sense of competence and confidence in their care role.

### WHAT IS THE CLASS?

Each session uses a combination of instruction, interactive exercises, and home assignments for you to learn SAVVY concepts and apply them to your own caregiving situations. The goal is for family caregivers to feel confident and competent in their care role so that they can make the most of their time with their person who is living with dementia.

**\*\*Tablets are available to loan if you do not have access to an ipad or computer.**

### WHAT CAN I EXPECT?

Savvy curriculum empowers caregivers by enabling them to:

- Gain a better understanding of Alzheimer's and related dementias.
- Develop self-care strategies.
- Learn skills and strategies to successfully provide daily activities of 'Contented Involvement' for their family member living with dementia.
- Identify and engage family and other resources for care-related assistance and support.

Every participant is provided with a FREE book. To learn more, visit the [Maryland Living Well Center of Excellence website](#).

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