Office of Alzheimer's and Dementia Care

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



alzheimer's R association

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 21-800-432-2080 / TTY 505-476-4937 or the Alzheimer's Association, New Mexico Chapter at 2505-266-4473 or 1-800-272-3900 <u>https://alz.org/newmexico/helping you/savvy caregiver other free classes? ga=2.69</u> 096146.2116948356.1568660643-634094392.1568660643

Skills for Dementia Caregiving		September 2019
Aging and Long-Term Services Department Office of Alzheimer's and Dementia Care PO Box 27118 Santa Fe, New Mexico 87502 <u>http://www.nmaging.state.nm.us/alzheimer-s-and- dementia-care.aspx</u>	Aging and Disability Resource Center (ADRC) PO Box 27118 Santa Fe, New Mexico 87502 Toll-free in New Mexico: 800-432-2080 TTY: 505-476-4937	: <u>px</u>