

“Savvy Caregiver”

- * Managing Daily Life***
- * Getting Help***
- * Caregiver Self-Care***
- * Taking Control***
- * The Goal of Care***
- * Providing Practical Help***



Let us provide you with the tools you need as a caregiver.

We will provide you with good strategies, enabling you to develop a sense of control in caregiving.

LVPG Geriatric Medicine
Fleming Memory Center
17th & Chew
PO Box 7017
Allentown, PA 18105
610-969-3390

Learn to be

a

“Savvy Caregiver”

Caregiver College

Family caregivers occupy a critical place in health care and are the center of the health care system. It is through their care and dedication that keeps the person in the community for as long as possible.

Caregiver college is based on the Savvy Caregiver Program. A training program for caregivers who care for family members who have Alzheimer's or dementia related disease.

It is based on the notion that family members assume the role of caregiver and they are unprepared and untrained. The program aims to instill and increase the caregiver's ability to be a confident caregiver

A successful caregiver will learn to manage daily life with the person, find and use help with caregiving tasks and most importantly take care of themselves.

Please join us!

This is a free 12-hour training program/course that is usually delivered in 2-hour sessions over a 5-week period:

***Country Meadows
Of Allentown
Building 3
450 N. Krocks Rd
Allentown, PA 18106***

**Mondays 10:00am-
12:00pm**

**October 2nd
October 9th
October 23rd
October 30th
November 13th**

Presented by:

**Wendy Scott MA, CDP
(Certified Dementia
Practitioner)**

Elder Life Specialist

**Phone # 610-969-2278
wendy_t.scott@lvhn.org**

RSVP by:

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