

## *“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 or mastery in caregiving.

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

The Fleming Memory  
Center Presents

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Caregiver College

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## 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 6-week period:**

***First Presbyterian Church  
3231 Tilghman St.  
Allentown PA 18104***

***Tuesdays 6:30-8:30pm  
January 9th  
January 16th  
January 23rd  
January 30th  
February 6th  
February 13th***



**RSVP:**

**By January 4th:**

**Wendy Scott MA, CDP**

**(Certified Dementia Practitioner)**

**Elder Life Specialist**

**Phone # 610-969-2278**

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