

Savvy Caregiver Program

You Can Become a Savvy Caregiver!

Savvy Caregiver includes an understanding of dementia, tips for daily life and the importance of your own well-being. Come alone or invite a friend or relative.

Gain knowledge and confidence in your role as a caregiver during this 6-week workshop.



Alzheimer's Association 2012 Savvy Caregiver Class

**Tuesdays: January 10, 17, 24, 31 and February 7 and 14
10am – Noon**

**Life Quality Homes/Southglenn Home
7032 S Franklin St
Centennial, CO 80122**

Who should attend

Relatives, friends, neighbors,
and partners caring for someone with
dementia

"This class is an eye opener and a road map to what dementia is all about ... [it] has enabled my family to have quality of life once again ... a blessing and worthwhile," says MJ.

"Savvy Caregiver helped me become more understanding and compassionate. It opened my eyes as to how I can be more helpful to my sister who is my parents' primary caregiver," says LK.

Suggested donation \$25+

Registration Required: 303.813.1669 or alz.org/co

**If you have any questions, please email
tina.wells@alz.org**

24/7 Helpline ~ 800.272.3900

alzheimer's association™

the compassion to care, the leadership to conquer

- Every 70 seconds someone is diagnosed with Alzheimer's disease.
- In Colorado there are 72,000 people living with dementia and for each person with the diagnosis, the lives of three other people have been changed forever.
- Colorado is projected to have the second highest percentage increase of Alzheimer's diagnoses in the U.S. from 65,000 to 140,000 people in the next twenty years.
- More people are diagnosed with Alzheimer's than prostate and breast cancer combined.
- Seventy percent of those with dementia are cared for at home.
- The value of the unpaid care provided by 124,000+ family members and friends of people with dementia in Colorado is over \$1 billion.
- One out of every seven people over the age of 65 will be diagnosed with dementia and one out of every two over the age of 85.
- Over 500,000 Americans with dementia are under the age of 65.

24-hour Helpline: 800.272.3900 ◦ www.alz.org/co

Information & Referral ◦ Care Counseling ◦ Support Groups ◦ Safety Services ◦ Community Education