

THE SAVVY CAREGIVER

WEEKLY TRAINING PROGRAM STARTS APRIL 17

INFORMAL FAMILY CAREGIVERS TAKE ON SO MANY ADDED RESPONSIBILITIES. THIS PROVEN TRAINING COURSE PROVIDES COACHING ON DAY-TO-DAY STRATEGIES, HELPS CAREGIVERS ACQUIRE NEW SKILLS AND KNOWLEDGE, AND INCREASES OVERALL CONFIDENCE THAT IS CRITICAL FOR THIS ROLE.



WHO? INFORMAL CAREGIVERS ASSISTING PEOPLE WITH ALZHEIMER'S DISEASE OR OTHER RELATED DEMENTIAS.

WHEN? THE GROUP STARTS APRIL 17 AND MEETS EVERY FRIDAY FOR SIX CONSECUTIVE WEEKS FROM 10 A.M. TO NOON.

WHERE? PLOWS COUNCIL ON AGING, 7808 COLLEGE DRIVE, PALOS HEIGHTS, IL.

REGISTRATION REQUIRED: CALL 708.361.0219



PARTIAL FUNDING FOR THE PROGRAM IS PROVIDED THROUGH AN AWARD FROM AGEOPTIONS, THE AREA AGENCY ON AGING FOR SUBURBAN COOK COUNTY UNDER TITLE III OF THE OLDER AMERICANS ACT AS ADMINISTERED THROUGH THE ILLINOIS DEPARTMENT ON AGING AND THE FEDERAL ADMINISTRATION ON AGING. PLOWS COUNCIL ON AGING DOES NOT DISCRIMINATE IN ADMISSION TO PROGRAMS OR TREATMENT OF EMPLOYMENT IN COMPLIANCE WITH APPROPRIATE STATE AND FEDERAL STATUTES. IF YOU FEEL YOU HAVE BEEN DISCRIMINATED AGAINST, CALL 708.361.0219