



Empower Yourself with Shawnee Health's SAVVY Caregiver Program

Are you a caregiver for someone with dementia?

Did you know that compared to other caregivers, those caring for individuals with dementia are twice as likely to experience physical or psychological issues? Despite these challenges, caregivers often neglect their own health needs.

The SAVVY Caregiver is a program designed to equip and empower caregivers with the skills they need to navigate the complexities of caregiving. When we say savvy, we mean being "street smart" about caregiving – confident in assessing situations and crafting informed plans of action. It's about continual learning and growth in competence, adapting and thriving in the face of challenges.

What can you expect from the program? Information and knowledge about dementia care, skills for managing day-to-day life with your loved one, and a positive caregiver outlook including objectivity, self-confidence, and self-value.

How does it work? Attend group sessions with exercises and talks, complete home activities, and participate in feedback sessions. SAVVY is available in person, via zoom, and with a call-in option. The program consists of six two-hour weekly trainings, all offered free of charge, but space is limited.

Starts Thursday May 9th 1PM-3PM for 6 weeks ends on Thursday June 13th.

Villas of Holly Brook & Reflections Memory Care • 220 Ron Crank Drive, Harrisburg, IL 62946

Call today to register: 618-985-8322.