

Savvy Caregiver™ Workshop

Workshop for family caregivers of a person with dementia

Savvy Caregiver helps family caregivers acquire and strengthen knowledge, skills and attitudes to empower them to be more intentional, strategic and responsive in their care role. Gain knowledge to manage daily care, skills to adjust your approach and confidence to set and achieve caregiving goals.

This workshop will cover:

- Understanding the career of caregiving
- Different types of dementia
- How decline in cognition affects behavior
- Managing emotions and feelings of caregiving
- Fitting tasks and activities to the persons abilities
- Decision making skills

2022 Savvy Caregiver Virtual Offerings

Fridays, Feb 4 - Mar 11
10:00 a.m.-12:00 p.m.

Tuesdays, Nov 1 - Dec 6
1:00-3:00 p.m.

For more information or to register:

(414) 289-6259 or DCS@milwaukeecountywi.gov

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