



# SUPPORT FOR YOU AS THE CAREGIVER



**SAVVY  
CAREGIVER®**  
KNOWLEDGE. SKILLS. MASTERY.

Join a SAVVY Caregiver® Class  
Feel Confident in Your Role as a Caregiver

## Thursdays

August 22 - September 26, 2024  
9:30 a.m. to 11:30 a.m.

This will be fully virtual via Zoom.

To register, scan the  
QR code or contact  
Jennifer Jackson at  
(410) 222-4335.



MARYLAND  
**Livingwell**  
CENTER of EXCELLENCE  
[www.mdlivingwell.org](http://www.mdlivingwell.org)

## What Can I Expect During Class?

SAVVY Caregiver® curriculum empowers caregivers by enabling them to:

- Gain a better understanding of Alzheimer's and related dementias.
- Develop self-care strategies.
- Learn skills and strategies to successfully provide daily activities of 'Contented Involvement' for their family member living with dementia.
- Identify and engage family and other resources for care-related assistance and support.

Anyone needing accommodations should submit a request at least seven (7) days in advance of the event to Jennifer Jackson at [agjack88@aacounty.org](mailto:agjack88@aacounty.org) or by calling (410) 222-4335. TTY users, call via Maryland 7-1-1. All materials are available in alternate formats upon request.