



CENTRAL ILLINOIS CHAPTER

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Media Release

September 30, 2011
For Immediate Release

**Alzheimer's Association Offering In-Depth Training for Family Caregivers
-Six Week Series to Provide Full Spectrum of Education-**

The Alzheimer's Association – Central Illinois Chapter will offer “**The Savvy Caregiver**” a program designed to provide clinical level training for family caregivers. This six week series will be offered on **consecutive Wednesdays, Oct. 12th – Nov. 16th, from 1:30 – 3:30 p.m., at the Rock River Branch Office, 93 S. Hennepin, Dixon.**

The Savvy Caregiver program is a unique approach to family caregiver education. Throughout the program caregivers are urged to learn, develop and modify strategies to accomplish the goal for their particular care giving situation. Participants will gain personal knowledge, skills to assess abilities of a loved one with dementia, confidence to set and alter care giving goals, strategies to manage activities of daily living, and perspective on the course of Alzheimer’s and other related dementia.

The program will be presented by Rock River Branch Manager Nancy Sweitzer who has received 14 hours of specific Savvy Caregiver Training by a dementia care specialist.

The materials cost for the six week course is \$30 per person. The cost will include 12 hours of training with a dementia expert, caregiver manual and CD-ROM, certificate of completion, and the opportunity to network with other caregivers. Scholarships are available.

For additional questions or to register contact the Rock River Area Branch by at 815.285.1100. The class will be limited to 15 participants. Additional information can be found on the Chapter website at www.alz.org/illinoiscentral.

The Alzheimer’s Association - Central Illinois Chapter is a donor supported, not-for-profit health organization serving 20 counties in central and northern Illinois. Its three office locations, Dixon, Peoria, and Quincy, are committed to providing educational and supportive services to help people with Alzheimer’s and their caregivers understand and deal with the disease and its impact on their lives.

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