

# DO YOU NEED HELP IN UNDERSTANDING YOUR ROLE AS A CAREGIVER?

You can become a Savvy Caregiver

If you have ever been concerned with any of the following, this workshop is for you!

- ◆ Understanding Alzheimer's & other related dementias
- ◆ The toll of caregiving
- ◆ Managing daily life & behaviors
- ◆ Caring for yourself while caring for others
- ◆ Decision making
- ◆ Communicating

## ALZHEIMERS

### I Understand by Joy Rembert

How difficult it must be for you,  
To watch me become less of the person you once knew.  
My body is here, but my mind is not.  
The things we once shared, I may have forgot.  
This will be our longest goodbye.  
For the mind of the person you love, is slowing and will die.  
I will not act or behave like the person I once was.  
But please remember, it's not something I have control of.  
I'm sorry for this burden I put on you.  
There will be some rough days, with teary eyes and hearts of blue.  
But let the love of so many years carry us the rest of the way.  
Because this is not forever and our souls will meet again one day.

alzheimers.net

### SAVVY CAREGIVER WORKSHOP

2016 **FREE** WORKSHOPS DATES:

FEBRUARY—29TH -APRIL 11TH

APRIL 25TH—MAY 13TH

JUNE 27TH- AUGUST 15TH

COURSE IS 1 X PER WEEK FOR 7 WEEKS / 2 HOURS

3900 Paseo del Sol • Santa Fe, NM

Additional Information: 505-395-2668 • 1-866-699-4927



***Caring for someone with Alzheimer's disease is a role requiring specific skills and an attitude that contributes to the well-being of both the caregiver and the person with the disease.***