

照護者訓練課程

(Savvy Caregiving Training Program) 一個為家屬所設計的全面性照護課程 (廣東話授課)



依據專家的研究，阿滋海默症協會提供的這個課程將為家屬照護者提供臨床程度的訓練。許多家屬照護者告訴我們他們想更深入的了解阿滋海默症，而這堂課程就是這個機會。

完成這個課程將會提升你的：

- 知識，技巧與遠見。
- 評估失智家人能力的技巧，以及因應不同情況隨時調整態度與方法的能力。
- 達成照護目標的信心。
- 壓力管理，做出決定，與管理日常生活活動的策略。

時間：

星期四下午，一點到三點

三月八日， 十五日， 二十二日， 二十九日，
四月五日， 十二日

需出席全部課程。

地點：

愛加倍社區中心

378-18th Avenue, San Francisco

費用：免費。

對有需要的家庭，我們將提供喘息服務補助金。

關於這個課程：

專業照護者訓練課程 (The Savvy Caregiver Training Program) 提供12小時面對面的照護訓練與照護者手冊。

註冊：

需電話評估與事前報名 408.372.9926 歐小榮
xou@alz.org

不接受現場報名

Savvy Caregiver Training



Based on research by experts, this course from the Alzheimer's Association will provide clinical-level training for hands-on family caregivers.

Many family caregivers have told us they would like to go beyond the introductory education offerings. This is that opportunity.

Graduate with improved:

- Knowledge, skills and outlook.
- Skills to assess the abilities of your loved one with dementia & adjust your approach over time.
- Confidence to set and achieve caregiving goals.
- Strategies to manage activities of daily living.



When:

Thursdays, 1 - 3 pm

March 8, 15, 22, 29, April 5, 12

Please commit to attend all 6 classes.

Where:

Agape Community Center

378 18th Avenue, San Francisco

Cost: Free

The Program: The Savvy Caregiver Training Program provides over 12-hours of face to face training with dementia experts and a caregiver manual.

- > **Phone screening and pre-registration is required.**
408.372.9926 ask for Xiaorong Ou
or email xou@alz.org
- > **No Walk-Ins Accepted**