

NEWSLETTER

NEW MEXICO AGING AND LONG-TERM SERVICES DEPARTMENT
OFFICE OF ALZHEIMER'S AND DEMENTIA CARE
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Relevant news from the Office of Alzheimer's and Dementia Care, and the Aging Network

SAVVY CAREGIVER PROGRAM UPDATE

It's estimated that more than 105,000 family members, friends and neighbors are caregivers for loved ones with Alzheimer's disease or other dementias in New Mexico. You may be one of these caregivers or know someone who is. Many face their caregiving journeys with limited support or information about the disease and how it affects their loved ones and themselves.

There is, however, a program that can help! The SAVVY CAREGIVER PROGRAM is a free, series of educational classes that have been demonstrated to increase caregiver knowledge, skills and confidence, while reducing caregiver stress. Participants learn about the disease and gain knowledge, tips, and useful strategies to anticipate their loved ones' needs, understand behaviors, communicate more effectively, and manage the challenges of caregiving. The program also includes information on "caregivers caring for themselves" and accepting help, as well as tips and strategies about how to build a supportive caregiving team with family, friends and neighbors. The program includes seven, 2-hour weekly classes, and respite reimbursement funds may be available. **Classes are held throughout New Mexico!**

Contact The New Mexico Aging & Disability Resource Center ([ADRC](#)) toll-free at **1-800-432-2080** or **TTY 505-476-4937** and ask for information about the Savvy Caregiver Program; or contact the Alzheimer's Association, NM Chapter, at 1-505-266-4473 or click [here](#).

Comment from Savvy Caregiver Program graduate: *Mr. N. writes, "The group discussions, and the specific practical tips helped me the most. I had many ""ah-ha"" moments when I realized that certain behaviors were part of the dementia."*

Volunteer Savvy Caregiver Trainers Wanted!

YOU can help caregivers in your community by volunteering to teach the Savvy Caregiver Program! Volunteers can expect a supportive team of professionals to provide them with "train the trainer" sessions, assistance with publicity, materials, securing locations and equipment. A Program consists of seven, 2-hour weekly classes. Flexible schedules are available. Help make this invaluable program for caregivers available in **your community**. For information about volunteering, contact Vangie Chavez at (505) 307-5050 or vangie.chavez@state.nm.us .



Savvy Caregiver Program Class Schedule

- Albuquerque - Contact the Alzheimer's Association, NM Chapter, at **1-505-266-4473**, or click [here](#) for Savvy Caregiver Program class schedule.
- Silver City - March 1 through April, 19, 2016 - Tuesdays - 11:30am - 1:30pm
Location: Silver City Senior Center, 205 W Victoria St.
- Las Cruces - March 18 through April 29, 2016 – Fridays – 11:00am – 1:00pm
- June 3 through July 15, 2016 - Fridays - 11:00am - 1:00pm
Location: Alzheimer's Association Office, 125 N. Main St.
- Santa Fe - February 29 through April 11, 2016 – Mondays – 5:30pm – 7:30pm
- April 25 through June 13, 2016 – Mondays – 5:30pm – 7:30pm
- June 27 through August 15, 2016 – Mondays – 5:30pm – 7:30pm
Location: Non-Metro Area Agency on Aging, 3900 Paseo Del Sol
- March 4 through April 15, 2016 – Fridays – 1:00pm – 3:00pm
- April 29 through June 10, 2016 – Fridays - 1:00 – 3:00pm
Location: Alzheimer's Association Office, 811 St. Michael's Dr.
- March 8 through April 19, 2016 – Tuesdays – 1:00pm – 3:00pm
Location: San Ildefonso Pueblo, 02 Tunjo Po
- May 4 through June 15, 2016 – Wednesdays – 1:00pm – 3:00pm
Location: Pojoaque Pueblo Public Library, 101 Lightening Loop
- Farmington - April 12 through May 24, 2016 – Tuesdays – 2:00pm – 4:00pm
Location: San Juan Center for Independence, 1204 San Juan Blvd.
- Corrales - March 25 through May 6, 2016 – Fridays – 9:00am – 11:00am
Location: Corrales Senior Center, 4324-A Corrales Rd.
- Roswell - April 18 through June, 6 2016 – Mondays – 1:00pm – 3:00pm
Location: Roswell Adult and Senior Center, 807 N Missouri
- Carlsbad - April 20 through June 1, 2016 – Wednesdays – 10:00am – 12:00pm
Location: Carlsbad Public Library, 101 S. Halagueno Street

More upcoming Savvy Caregiver Program classes are also planned in these communities: Alamogordo, Fort Sumner, Aztec, and Rio Rancho. Contact the NM Aging & Disability Resource Center ([ADRC](#)) toll-free at **1-800-432-2080** or TTY **505-476-4937**, or contact the Alzheimer's Association, NM Chapter, at **1-505-266-4473**, or click [here](#) for more information.



Newsletter submissions can be sent to:

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www.nmaging.state.nm.us/alzheimer-s-and-dementia-care.aspx

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