



For immediate release

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'Savvy Caregiver' course on dementia coming to Touchmark

EDMOND, OK — A six-part “Savvy Caregiver” course is coming to the Touchmark at Coffee Creek retirement community beginning May 31. The course is for family caregivers who are providing day-to-day care for loved ones living with dementia.

The Savvy Caregiver workshop will be held every Tuesday and Thursday beginning at 4 p.m. through June 16. It will be taught by Carla Scull with the Alzheimer’s Association.

The Savvy Caregiver is a “best practices” course in caregiving that provides clinical-level training for family caregivers.

The class helps caregivers better understand the changes their loved ones are experiencing and how best to provide individualized care throughout the progression of Alzheimer’s disease or other dementia.

Class participants will walk away with knowledge of how dementia affects thinking skills, and will learn effective ways to respond to changes in behavior. They will also gain skills to choose appropriate activities and minimize confusion, along with other critical information.

There is no cost for the class, and light appetizers will be provided. RSVP to 405-340-1975 for each session.

Touchmark is part of the Coffee Creek 638-acre planned residential development, which includes a golf course, recreational centers and walking and biking trails for Coffee Creek homeowners. A full-service retirement community, Touchmark at Coffee Creek offers a wide range of homes and lifestyle options. For more information, contact Touchmark at 405-340-1975 or visit TouchmarkEdmond.com.

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