

# Skills<sub>2</sub>Care®

## A PROGRAM FOR CAREGIVERS OF PEOPLE WITH DEMENTIA

Are you:

- ... feeling overwhelmed or stressed?
- ... having difficulty communicating with the person with dementia?
- ... not sure how to handle challenging behaviors like wandering?
- ... concerned about home safety?

**Skills<sub>2</sub>Care® is a research-tested occupational therapy program that benefits caregivers and people with dementia.**

***What are the program goals?***

- ✓ Improving well-being and skills of caregivers
- ✓ Reducing challenging behaviors and slowing decline in daily function in people with dementia

**Skills<sub>2</sub>Care® provides education and strategies for day-to-day care.**

***What are the program topics?***

- ✓ Understanding dementia and promoting function
- ✓ Reducing challenging behaviors
- ✓ Communicating effectively
- ✓ Making the home safer

**Skills<sub>2</sub>Care® helps lessen stress and teaches caregivers ways to care for themselves while providing the best care possible.**

***Covered under Medicare Part B!***

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