

The Savvy Caregiver Program is a six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!

The Savvy Caregiver Program

Brought to you by Tri-Valley, Inc. and Elder Services of Worcester Area, Inc.

Thursdays, April 26 – May 31, 2018

1:00—3:00pm

Mendon Senior Center

62 Providence St., Mendon, MA 01756

**Free
of charge**

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.



Become an expert in Caregiving for someone with Alzheimer's or related dementias!

Savvy Caregiver will help you:

- **Understand the impact of dementia on both you and the person you are caring for.**
- **Learn the skills you need to manage daily life.**
- **Take control and set goals.**
- **Communicate more effectively.**
- **Strengthen family resources.**
- **Feel better about your caregiving.**
- **Take care of you!**

Respite Assistance Available

For more information or to register Contact:

Amy Wilson Kent, AWilsonKent@mendonma.gov, 508-478-6175

or Laura Black-Silver, lblack@tves.org, 508-949-6640 ext. 3079

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