

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 25 – May 30, 2019

1:00—3:00pm

Webster Public Library

2 Lake Street, Webster, MA 01570

**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!**

For more information or to register

**Call Laura Black-Silver 508-949-6640 ext. 3079 (or email lblack@tves.org)
or Deb Dowd-Foley 508-756-1545 ext. 390**

Funding for this program was provided by a grant from the Administration For Community Living in collaboration with the MA Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.