

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 Elder Services of Worcester Area, Inc. and Tri-Valley, Inc.

Tuesday, September 24, October 1, 8, 15, 22, & 29

1:00—3:00 pm

Shrewsbury Library

609 Main St. Shrewsbury, MA 01545

**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 contact Deb Dowd-Foley

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Harvard Pilgrim
Health Care