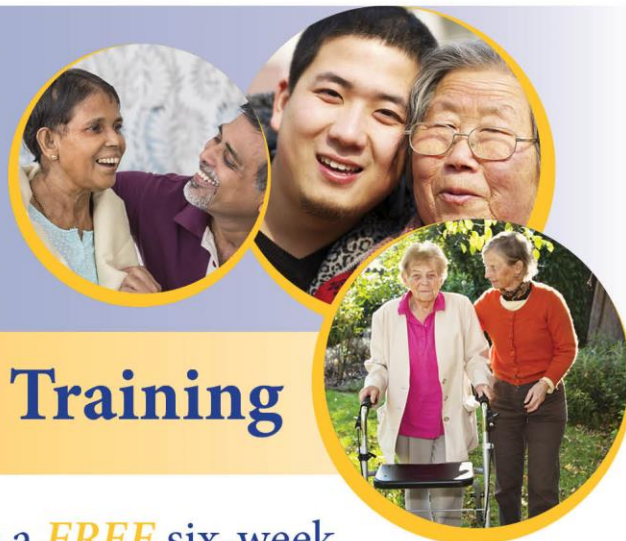


the
healthy living
Center of Excellence



Virtual Savvy Caregiver Training

The Virtual Savvy Caregiver Training is a **FREE** six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.



10:00am -12:00pm for six weeks
Thursdays May 6, 13, 20, 27, June 3, 10

Call/email to register:

Laura lblack@tves.org 508-949-6640 ext 3079

Deb ddfoley@eswa.org 508-756-1545 ext 390



Taking care of a person living with Alzheimer's or a related dementia is specialized work. To do it 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



Funding for this program was provided by a grant from the Administration for Community Living, in collaboration with the Massachusetts Executive Office of Elder Affairs and Elder Services of the Merrimack Valley and North Shore, Inc.