

# SAVVY Caregiver

## Are you caring for a family member or friend with dementia?

*12 hour education/training program for family and friends caring for individuals with dementia living in the community. No cost to attend.*

### SAVVY CAREGIVER TRAINING BUILDS:

- Attitude:** Develop a sense of confidence in caregiving and learn how to care for yourself.
- Skills:** Learn tips and strategies for interacting and communicating with the person and how to understand and manage challenging behaviors.
- Knowledge:** Learn what dementia is and how it affects the person and a person's behaviors.

- Location:** Granite Hill Estates  
60 Balsam Dr.  
Hallowell, ME
- Dates:** Thursdays,  
June 4—July 9, 2015
- Time:** 1:30 pm - 3:30 pm

Sponsored by:



**Pre-registration required. Call 620-1656**

Spectrum Generations is an equal opportunity provider. Please let us know if you require special accommodations, including language translation, at least two weeks prior to need.



Sponsored by: Office of Aging & Disability Services, Department of Health and Human Services, with funding from the U.S. Administration on Community Living, Alzheimer's Disease Supportive Services Program (ADSSP) grant.