



SAVVY Caregiver

FREE

SAVVY Caregiver Training

WHEN: Tuesdays, May 8, 15, 22, 29 and June 5, 12

TIME: 10:00 - 12:00 PM

WHERE: Maine Highlands Senior Commons, Dover - Foxcroft

Caring for a family member or friend with dementia?

The SAVVY Caregiver training can help

12 hour/six week education/training program for family and friends caring for individuals with dementia living in the community.

The Maine Savvy Caregiver Program 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 his/her behavior.



Registration required: Call EAAA at 941-2865



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