



# SAVVY Caregiver

**FREE**

## SAVVY Caregiver Training

**WHEN:** Thursdays, August 31, Sept. 7, 14, 21, 28, Oct. 5th  
**TIME:** 6:00-8:00PM  
**WHERE:** Charlotte White Center, 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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