

# Maine Savvy Caregiver



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

12-hour training for family caregivers of people with dementia

You can build:

**A**ttitudes: Learn how to take care of yourself and reduce stress

**S**kills: Communicate more easily with the person to make both  
of your days better

**K**nowledge: Learn about dementia and how it affects the person

There is no charge. Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys.

It is important to plan to attend all six classes.

**Senior Center at Lower Village, Kennebunk, ME**

**April 4, 11, 25, May 2, 9, and 16, 2011**

**1—3 PM**

**Pre-registration required**

**1-800-427-7411 x 558**



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