

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:

Attitudes: Learn how to take care of yourself and reduce stress

Skills: Communicate more easily with the person to make both
of your days better

Knowledge: 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.

The Gathering Place, Kittery, ME
On-site respite care available
May 31, June 7, 14, 21, 28, and July 5, 2011
1—3 PM

Pre-registration required
1-800-427-7411 x 558



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