



# SAVVY CAREGIVER TRAINING

for  
CAREGIVERS of PEOPLE with Dementia



**Family caregivers are at the center of the care system for persons with dementia because they often provide care that keeps the person in the community for as long as possible.**

**Savvy Caregiver Training assists caregivers of people with dementia by providing knowledge, skills and attitudes essential for successful caregiving. The 12-hour training is provided in two-hour sessions over six weeks. We are evaluating the effectiveness of this program for caregivers in Maine.**

Please Join Us on:           Tuesdays, 5:30 – 7:30 PM  
  February 23, March 2, 9, 16, 23, and 30 (snow: April 6)

Note: It is important that you plan to attend all 6 classes in the series.

Please Join Us at:           Southern Maine Agency on Aging, Scarborough

Trainer                           Ann O'Sullivan, OTR/L, LSW from SMAA

Participate in  **Savvy Caregiver Training** to learn

- Ø What dementia is and how it affects the person with dementia.
- Ø How to interact effectively with the person with dementia.
- Ø How to help the person with dementia participate in daily tasks and activities that support the person in being contented throughout the day.
- Ø How to take care of your self as a caregiver.
- Ø How to develop a sense of mastery in the caregiving role so that you feel good about the job you are doing.

Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys. For additional information, or to register, contact: Ann O'Sullivan, 1-800-427-7411 or [aosullivan@smaaa.org](mailto:aosullivan@smaaa.org)

**Please register no later than February 10, 2010**



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