



## The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

**Offered by Coastline Elderly Services  
Every Wednesday**

**1:30 – 3:30 October 30, 2019 to December 11, 2019  
(no class week of Thanksgiving)**

**Millicent Library, 45 Center St., Fairhaven, MA –  
Library Auditorium -  
use Walnut St. entrance.**

**For More Info or To Register (pre-registration required)  
Call Information and Referral Dept. 508 999-6400**

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in Caregiving for someone with Alzheimer's or related dementias!

### **Savvy Caregiver will help you:**

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

Elder Services of the Merrimack Valley, Inc.

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HARVARD MEDICAL SCHOOL  
AFFILIATE

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