



## 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!*

**Sponsored by Coastline and the Mattapoissett Council on Aging**

**Wednesday, April 29 – June 3, 2020,**

**5:30 – 7:30 PM**

**Mattapoissett COA  
17 Barstow St.  
Mattapoissett, MA**

**For More Info or To Register**

**Call Stephanie Gibson at 774-510-5209**

**[sgibson@coastlinenb.org](mailto:sgibson@coastlinenb.org)**

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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