

# Maine Savvy Caregiver



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

**12 hour training program for family caregivers of people with dementia.  
No cost to attend.**

**Savvy Caregiver Training builds:**

- **A**ttitude: **Develop a sense of confidence in caregiving and how to care for yourself.**
- **S**kills: **Learn to easily interact and communicate with the person as well as to manage challenging behaviors.**
- **K**nowledge: **Learn what dementia is and how it affects the person and the person's behavior.**

**This training is a research study and caregivers need to complete surveys before and after the training to evaluate the program..**

**Location: Muskie Community Center: 38 Gold Street,  
Waterville, Maine**

**Dates: Mondays: January 23, 30, Feb. 6, 13, 27th, March 5th.**

**Time: 1:00 PM to 3:00 PM**

**Register for training by calling:**

**1-800-282-0764 ext.127or 139**



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