

# 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: March 19, 26, April 2, 9, 16 and 23.**

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

**Register for training by calling:**

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



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