



**Taking care of a family member or friend with memory loss?
Feeling stressed, overwhelmed, or frustrated?
Could you use more information and ideas on making it work?**



Savvy Caregiver is an evidence-based training program for family caregivers of people with dementia. It is based on the idea that often family members take on caregiving without preparation or training. The six 2-hour sessions promote:

Knowledge

- Knowledge of the condition and how it affects the individual
- Understanding the goal of “contented involvement” to help you both have a better day
- Information about resources and services to support the person with dementia as well as the caregiver

Skills

- Skills to provide support and structure to reduce confusion
- Skills to take care of yourself and get support as a caregiver
- Skills to make your day less stressful

Attitude

- Attitude to build your confidence as a caregiver
- Help to develop a more objective approach to the person’s cognitive loss

Each session includes training, activities and discussion. Caregivers are given reading and practice assignments to complete. They report back to the group on what they tried between sessions, and get feedback and ideas to support caregiving success.

Who should attend? Family and friends who are actively involved in helping a person who

- lives in the community
- has a condition, such as Alzheimer’s Disease, vascular dementia, or Parkinson’s Disease, which is causing cognitive loss

**Participation in this training will include participation in a research project
to evaluate the program by completing pre and post surveys.**

 The Project is sponsored by the Office of Elder Services (OES) – Department of Health and Human Services with funding from the U.S. Administration on Aging. Training is provided by Area Agencies on Aging and the Alzheimer's Association. For more information or to find a site near you, please contact OES at 1-800-262-2232, TTY 1-800-606-0215, or go to www.maine.gov/dhhs/oes/.