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 Mystic Valley Elder Services

Tuesdays, March 23, 2021 – April 27, 2021
1:00 pm – 3:00 pm
Via Zoom

For More Info or To Register
Call Kathy Learned at 781-388-2350
Or Jessica Phelan at 781-388-2319

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!

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