

Maine Savvy Caregiver



Are you caring for a family member with dementia?

12-hour training for family caregivers of people with dementia

You can build:

Attitudes: Learn how to take care of yourself and reduce stress

Skills: Communicate more easily with the person to make both
of your days better

Knowledge: Learn about dementia and how it affects the person

There is no charge. Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys.

It is important to plan to attend all six classes.

Southern Maine Agency on Aging, Scarborough

July 12, 19, 26, August 2, 9 and 16, 2012

9:30—11:30 AM

Pre-registration required

1-800-427-7411 x 541



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