



SAVVY CAREGIVER TRAINING

for
CAREGIVERS of PEOPLE with Dementia



Family caregivers are at the center of the care system for persons with dementia because they often provide care that keeps the person in the community for as long as possible.

Savvy Caregiver Training assists caregivers of people with dementia by providing knowledge, skills and attitudes essential for successful caregiving. The 12-hour training is provided in two-hour sessions over six weeks. We are evaluating the effectiveness of this program for caregivers in Maine.

Please Join Us on: Mondays, 2 – 4 PM

April 5, 12, 26, May 3, 10 and 17

Note: It is important that you plan to attend all 6 classes in the series.

MMC Geriatric Center, 66 Bramhall St., Portland

Trainer: Ann O'Sullivan, OTR/L, LSW; Southern Maine Agency on Aging

Participate in  **Savvy Caregiver Training** to learn

- Ø What dementia is and how it affects the person with dementia.
- Ø How to interact effectively with the person with dementia.
- Ø How to help the person with dementia participate in daily tasks and activities that support the person in being contented throughout the day.
- Ø How to take care of your self as a caregiver.
- Ø How to develop a sense of mastery in the caregiving role so that you feel good about the job you are doing.

Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys. For additional information, or to register, contact: Ann O'Sullivan, 1-800-427-7411 x 541

Please register no later than March 18, 2010



Sponsored by: Office of Elder Services, Department of Health and Human Services with funding from the U.S. Administration on Aging, Alzheimer's Disease Demonstration Grant to State (ADDGS).

MSCP05 Revised 4.30.09