

New Funding Supports Family Caregivers
Savvy Caregiver Classes for Families Affected by Dementia
March 15, 2011

Scarborough, Maine—The Southern Maine Agency on Aging has recently received grants in support of its Savvy Caregiver classes from The Huntington Common Charitable Fund for Seniors of the Kennebunk Savings Bank Foundation, the Simmons Foundation, and Home Instead of York County. Savvy Caregiver is for family caregivers of people with dementia, helping them improve the quality of life for themselves and for the loved one being cared for.

People who care for a family member with dementia are twice as likely to experience depression as the general public, and many report poorer physical health and high stress levels. People who take this free class find that, with a greater understanding of the disease of dementia, they can communicate more effectively with the person they care for and are better able to care for themselves. Savvy Caregiver participants learn from an evidence-based curriculum as well as from classmates who have similar experiences.

The six-session classes are offered by the Southern Maine Agency on Aging throughout York and Cumberland counties. The next classes begin April 4 in Kennebunk and May 3 in Scarborough. For more information on Savvy Caregiver or for general advice on caring for older family members, call Ann O'Sullivan of the Family Caregiver Program at the Southern Maine Agency on Aging at 207-396-6541 or visit www.smaaa.org.