



## The Savvy Caregiver Program

*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!*

Fridays, October 20 – November 24, 2017  
9:30 - 11:30 am  
Somerville-Cambridge Elder Services  
61 Medford St, 2<sup>nd</sup> Floor  
Somerville, MA 02143

Respite care may be available.  
For More Info or To Register  
Call SCES at 617-628-2601  
Or email [info@eldercare.org](mailto:info@eldercare.org)

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!

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

The Power to Redefine Aging.

Hebrew  
SeniorLife

HARVARD MEDICAL SCHOOL  
AFFILIATE

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