



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!*

Sponsored by Elder Services of the Merrimack Valley, Inc.

To find a Savvy Caregiver Training near you please visit
www.healthyliving4me.org
or call Crystal at
978-651-3034

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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