

Caring for a loved one with dementia? We can help!

The Savvy Caregiver Program



This training series is for family, friends, and partners who are active caregivers of a loved one with Alzheimer's or a related dementia.

Connect with other caregivers in a supportive environment and learn how to devise strategies for managing the care of your loved one as their cognitive abilities change.

Savvy Caregiver will help you:

- Understand the impact of dementia on you and your loved one
- Learn to manage daily life and strategies to help minimize stress
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Achieve better balance between caregiving and your own self-care.

Attend a **FREE** workshop from the comfort of your home!

Now accepting registration for classes.

ZOOM with us...

on-line videoconference
2 hours, one day per week. Date TBD

Caregiving of our loved ones can bring enormous rewards as well as great demands and challenges.

The daily caring of a person's increasing needs means that caregivers often ignore taking care of their own needs.

CALL Renee for more information and to register

All workshop materials provided.
Minimum number of participants required to start class.

Renee D'Argento

She/Her/Hers

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<http://www.baypath.org/Healthy-Aging.html>



the **healthy living**
Center of Excellence

These programs are made possible in part through a grant provided by the Administration on Community Living and Massachusetts Executive Office of Elder Affairs as granted by BayPath Elder Services and HESSCO. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your donations are put directly toward enhancing the availability of healthy living programs.