

Savvy Caregiver Program



Classes on Monday's
January 11th - February 15th
6-8 pm

To participate, you will need a computer and a phone. The instructor will connect with you before the start of the program to provide guidance on how to participate virtually.

Classes are free, however, space is limited. Please call (518) 238-4164 to reserve your seat.

This **free** six-week program is designed to give family caregivers the skills and knowledge necessary to successfully care for a loved one with dementia.

Topics include:

- *Defining the role of the Savvy Caregiver
- *Exploring dementia
- *Caregiver self-care
- *The impact of dementia on behaviors
 - *Managing behavioral issues
 - *Communication techniques
- *Providing structure and support for your loved ones
- *Other available resources



Eddy Alzheimer's
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