

Caring for a loved-one with dementia is easier when you have support



We can help...

THE SAVVY CAREGIVER

If you are an **active caregiver** of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful.

The Savvy Caregiver will help you:

- √ Understand the impact of dementia on both you and your loved-one.
- √ 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!

Program Details

Dates: Tuesday afternoons
Nov. 5th – Dec 10th

Time: 1:00 - 3:00 pm
Class meets once per week for 6 sessions.

Location: Bedford COA
12 Mudge Way
Bedford, MA 01730

Cost: No Fee for Participants
Registration is required

Contact:
Hayley Williams
781-275-6825

Respite help is available!
Let us know when you register if finding or paying for respite care for your loved one is a barrier to attending.

A Healthy Living Program of:



Minuteman
SENIOR SERVICES

Toll-Free (888) 222-6171
www.minutemansenior.org



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generous support from:

Friends of the Bedford Council on Aging



The Administration For Community Living in
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Affairs and Elder Services of the Merrimack Valley.

Member of

the **healthy living**
Center of Excellence
MetroWest

Savvy Caregiver Frequently Asked Questions

The Savvy Caregiver Program is a six-week, evidence-based workshop for people actively caring for a family member or friend with Alzheimer's disease or other dementia. Participants will learn how to be a more effective caregiver while also taking care of themselves and finding resources.

Q: Is this a support group?

A: No. This is an educational workshop where you will gain information and build skills. However, there is time for sharing your experiences with caregivers, and you will feel supported.

Q: Can I bring my care recipient to class?

A: No. You need this time for yourself to focus on the class. Please make sure your care recipient is cared for safely so you can fully participate in the workshop.

Q: Can I register with my siblings/parent/spouse who is also caring for my family member or friend with dementia?

A: Yes! We've had a daughter and father come together who both were caring for her mother and his wife. It helped them to work together and support each other. Siblings can come together, or any combination of people caring for someone.

Q: I don't live with my care recipient, but I sometimes help care for them. Is this workshop for me?

A: Yes! You don't have to live with the care recipient. However, the care recipient should still be living at home, not in a professional assisted-living residence.

Q: I am not a caregiver, but I am interested in learning more about Alzheimer's disease. Can I register for this workshop?

A: No. This workshop is only for people actively caring for someone with dementia.

Q: I am a professional caregiver who takes care of a person with dementia. Is this class for me?

A: No. This workshop is designed for family (or friend) caregivers.

Q: Do I have to attend all six sessions?

A: You will get the most benefit from the workshop if you attend all the sessions. We understand that as a caregiver, sometimes things come up. However, some of our funding depends on participants attending a minimum of 4 sessions, so we ask you plan ahead and to make every effort to come to as many sessions as possible.

Q: Is there a cost to attend?

A: No. Thanks to grant funding, we are able to offer this workshop free of charge. However, as a non-profit organization we welcome voluntary, tax-deductible donations in support of our Healthy Living Program.

The Savvy Caregiver Program is presented by Minuteman Senior Services and is made possible with support from the Cummings Foundation and the Administration for Community Living in collaboration with the MA Executive Office of Elder Affairs and Elder Services of the Merrimack Valley.