

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

The Savvy Caregiver Program



This training series is for family and friends 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.

FREE Workshop

Now accepting registration for June 3 (tentative start date)*

6 Sessions, Fridays from 9:00 AM – 11 AM

Location: Shrewsbury Senior Center
98 Maple Ave., Side Room B

COVID requirements for participants:
Masks *may* be required in the event it is ordered by the Town of Shrewsbury.

CLASS MATERIALS PROVIDED

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

* Minimum number of 8 participants required to start the program.

Renee D'Argento
She/Her

Outreach Coordinator

508-841-8647 / rdargento@shrewsburyma.gov



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 Elder Services of Merrimack Valley, and the Shrewsbury Council on Aging. If you would like to make a voluntary donation, please mail a check to: Shrewsbury Council on Aging, Outreach Department, 98 Maple Ave., Shrewsbury, MA 01545. Your donations are put directly toward enhancing the availability of healthy living programs.