

Savvy Caregiver Program



Classes on Thursday's
May 4th, 11th, 18th and 25th
June 1st and 8th
6:30-8:30 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
Services**

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