

Savvy Caregiver Program



Classes on Thursdays
October 15th, 22nd and 29th
November 5th, 12th and 19th
6:30-8:30pm

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 or email
Sarah.Cuva@sphp.com to reserve your seat.

 Eddy Alzheimer's
Services

ST PETER'S HEALTH PARTNERS

Member of Trinity Health

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

This program is supported by Eddy Alzheimer's Services and grants from the New York State Department of Health.