

# The Savvy Caregiver Program



A six session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!

Starting Thursday, September 12th  
1:00 to 3:00 pm

**Registration Required!**  
**Kimball Library**

## SAVVY CAREGIVER WILL HELP YOU!

- Understand the impact of dementia on both you & the person you are caring for.
  - Learn the skills and strategies to manage day-to-day challenges.
    - Take control and set goals.
    - Communicate more effectively.
    - Strengthen family resources.
  - Increase your care giving competency.
    - Take care of you!

*This program is geared to informal caregivers of those either living at home or planning to return to home and in a moderate stage of illness.*

**Training provided by: Rockingham County ServiceLink and Kimball Library**

For more information contact: **Jinelle Hobson, Options Counselor Rockingham County ServiceLink**

**603-893-9769 ext. 102**



Sponsoring partners:

