






MAINE SAVVY CAREGIVER PROJECT

Savvy Caregiver is a training program for caregivers of people with dementia. It is based on the notion that often family members assume the role of caregiving for which they are unprepared and untrained.

Savvy Caregiver is a 12-hour training, usually offered in six 2-hour sessions that provides caregivers with an understanding of their role in terms of:

- 1. Knowledge** 
Knowledge of the disease and how it impacts on the individual, understanding the goal of successful caregiving is contented involvement.
Knowledge of available resources and services to support the individual with dementia as well as the caregiver.
- 2. Skills** 
Skills to provide the individual with support and structure to address the losses of dementia while creating contented involvement.
Skills to take care of one's self in the role of caregiver and develop support in the caregiving role.
- 3. Attitude** 
Attitude that fosters confidence and a sense or mastery to create and maintain contented involvement for successful caregiving.
Essential components of attitude include objectivity, self-confidence and self valuing.

Each session includes training, exercises and discussion. Caregivers are given reading, exercises and assignments to complete. They report back to the group on home activities that they did between sessions. Feedback is provided and strategies are developed to support successful caregiving.

Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys.

 **The Project is sponsored by the Office of Elder Services (OES) – Department of Health and Human Services with funding from the U.S. Administration on Aging. Training is arranged and provided by Area Agencies on Aging and the Alzheimer's Association. To obtain more information about the training or to register for training near you, please contact OES at 1-800-262-2232 or 287-9200, TTY 1-800-606-0215.**