



## **New Support for Caregivers**

**If you are caring for someone living at home with Alzheimer's Disease or dementia, we can help!**

### **Savvy Caregiver Program, with Respite Support**

This 6 week workshop will help you gain the special skills and knowledge you need to be a successful caregiver while taking good care of yourself. The workshop is free, and if paying for care for your loved one is a barrier to your attendance, we can help with financial support for respite care.

**\*Please see [www.minutemansenior.org](http://www.minutemansenior.org) for an up-to-date schedule and registration info.\***

### **Technology Solutions**

We have information about technologies that can help make caring for someone with dementia easier, as well as financial assistance and training on their use. Examples include:

- Portable digital music players
- GPS and other tracking devices
- Electronic medication management systems
- Communication aids
- Video monitoring devices

### **Nutrition Consultation**

People with dementia are at higher risk for poor nutrition, weight loss or gain, and dehydration. Our Registered Dietitian will consult with you at home, and provide an individual care plan, caregiver coaching, adaptive equipment and follow-up support.

**For more information, please contact:**

**888-222-6171 or [elderinfo@minutemansenior.org](mailto:elderinfo@minutemansenior.org)**

*These Resources are funded through grants from the Administration for Community Living in collaboration with the MA Executive Office of Elder Affairs and Elder Services of the Merrimack Valley; and the Northwest Suburban Health Alliance/CHNA 15 DoN funds from Lahey Hospital and Medical Center and Winchester Hospital.*

