

SAVVY CAREGIVER TRAININGS

A FREE education program presented by the Alzheimer's Association®

FREE TRAINING PROGRAM FOR FAMILY CAREGIVERS

For most family caregivers, caregiving itself is a new role and taking care of a person living with Alzheimer's or a related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge and a positive attitude that helps them care for themselves.

The Savvy Caregiver® Program helps family caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for a family member along their continued decline associated with Alzheimer's or dementia.

12-HOURS OF SPECIALIZED TRAINING

The Savvy Caregiver® is a 12-hour training program delivered in 2-hour sessions over a 6-week period. Developed by Dr. Kenneth Hepburn and colleagues at the University of Minnesota, this course provides clinical-level training for family caregivers caring for those living with Alzheimer's or related dementias.

The Savvy curriculum empowers family caregivers by enabling them to:

- Gain knowledge of the impact of dementia on both you and the person you are caring for
- Learn skills to assess the abilities of the person you are caring for and develop strategies to manage activities of daily living
- Set and alter caregiving goals
- Develop self-care strategies
- Identify and engage family and other resources for care-related assistance and support



Updated 9/2024

ALZHEIMER'S  ASSOCIATION®

Visit alz.org/CRF to explore additional education programs in your area.

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UPCOMING FREE SAVVY TRAINING OFFERINGS

All offerings require pre-registration and screening prior to participation.

Savvy Caregiver Trainings are designed for family caregivers only.

For in-person trainings, the location of the training will be provided after meeting screening eligibility requirements.

TO PRE-REGISTER:

Visit: tinyurl.com/alznorcalsavvycg



Sign-up to receive emails on future Savvy Caregiver Trainings:

tinyurl.com/alznorcalfutsavvy

2025 TRAININGS

AFTERNOON VIRTUAL TRAINING

Wednesdays, 1-3 p.m. PST

Dates: Jan. 8, 15, 22, 29 and Feb. 5, 12

For more information contact: Heather Gray

 hgray1@alz.org  408.372.9935

MORNING VIRTUAL TRAINING

Thursdays, 10 a.m.-Noon PDT

Dates: April 3, 10, 17, 24 and May 1, 8

For more information contact: Rachel Main

 rmain@alz.org  415.463.8505