

Workshop Information

Savvy Caregiver is a program for families caring for a family member with Alzheimer's disease or some other form of memory loss. This is a 2-hour a week six week workshop. The techniques that are presented were developed by researchers and clinicians who have broad expertise in working with individuals with memory loss. The workshop leaders also have extensive experience in caring for persons with Alzheimer's disease and other forms of dementia.

What you will learn

- Strategies for managing daily life;
- Tools to assess what your family member with dementia can and cannot do and how to adjust your care giving approach accordingly;
- Ways to effectively deal with difficult behavior; and
- How to take care of yourself as a caregiver.

Quotes from Participants

"I can't say enough good things about the organization and presentation of these valuable caregiving skills. I have not only learned facts and skills, I have gained insight to the entire Alzheimer's journey from many perspectives."

"Program was fantastic."

"This program is excellent. Facilitator did a great job. Keep teaching others."

More Information on the Savvy Caregiver Program

Hepburn, K. et al. "The Savvy Caregiver Program: Developing and Testing a Transportable Dementia Family Caregiver Training Program." *The Gerontologist* 43 (6) 908-915. <http://gerontologist.gerontologyjournals.org/cgi/reprint/43/6/908>