

# 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 with 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 4/2025

ALZHEIMER'S  ASSOCIATION®

Visit [alz.org/CRF](https://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](https://tinyurl.com/alznorcalsavvycg)



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

[tinyurl.com/alznorcalfutsavvy](https://tinyurl.com/alznorcalfutsavvy)

### 2025 TRAININGS

#### EVENING VIRTUAL TRAINING

**Thursdays, 5-7 p.m. PDT**

**Dates: July 10, 17, 24, 31 and Aug. 7, 14**

For more information contact: Heather Gray

✉ [hgray1@alz.org](mailto:hgray1@alz.org) ☎ 408.372.9935

#### MORNING VIRTUAL TRAINING

**Wednesdays, 10 a.m.-Noon PDT**

**Dates: October 1, 8, 15, 22, 29 and Nov 5**

For more information contact: Rachel Main

✉ [rmain@alz.org](mailto:rmain@alz.org) ☎ 415.463.8505

### 2026 TRAININGS

#### LATE MORNING VIRTUAL TRAINING

**Thursdays, 11 a.m.-1 p.m. PST**

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

For more information contact: Heather Gray

✉ [hgray1@alz.org](mailto:hgray1@alz.org) ☎ 408.372.9935

#### AFTERNOON VIRTUAL TRAINING

**Tuesdays, 1-3 p.m. PDT/PST**

**Dates: March 3, 10, 17, 24, 31 and April 7**

For more information contact: Rachel Main

✉ [rmain@alz.org](mailto:rmain@alz.org) ☎ 415.463.8505

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