

Savvy Caregiver Frequently Asked Questions

The Savvy Caregiver Program is a six-week, evidence-based workshop for people actively caring for a family member or friend with Alzheimer's disease or other dementia. Participants will learn how to be a more effective caregiver while also taking care of themselves and finding resources.

Q: Is this a support group?

A: No. This is an educational workshop where you will gain information and build skills. However, there is time for sharing your experiences with caregivers, and you will feel supported.

Q: Can I bring my care recipient to class?

A: No. You need this time for yourself to focus on the class. Please make sure your care recipient is cared for safely so you can fully participate in the workshop.

Q: Can I register with my siblings/parent/spouse who is also caring for my family member or friend with dementia?

A: Yes! We've had a daughter and father come together who both were caring for her mother and his wife. It helped them to work together and support each other. Siblings can come together, or any combination of people caring for someone.

Q: I don't live with my care recipient, but I sometimes help care for them. Is this workshop for me?

A: Yes! You don't have to live with the care recipient. However, the care recipient should still be living at home, not in a professional assisted-living residence.

Q: I am not a caregiver, but I am interested in learning more about Alzheimer's disease. Can I register for this workshop?

A: No. This workshop is only for people actively caring for someone with dementia.

Q: I am a professional caregiver who takes care of a person with dementia. Is this class for me?

A: No. This workshop is designed for family (or friend) caregivers.

Q: Do I have to attend all six sessions?

A: You will get the most benefit from the workshop if you attend all the sessions. We understand that as a caregiver, sometimes things come up. However, some of our funding depends on participants attending a minimum of 4 sessions, so we ask you plan ahead and to make every effort to come to as many sessions as possible.

Q: Is there a cost to attend?

A: No. Thanks to grant funding, we are able to offer this workshop free of charge. However, as a non-profit organization we welcome voluntary, tax-deductible donations in support of our Healthy Living Program.

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