



## Caregiver Support

Taking care of a person with a dementing illness is specialized work. To do this work successfully, caregivers need special skills and knowledge. They also need an outlook or attitude that helps them to look after themselves. People providing care for a person with dementia are faced with an enormous amount of responsibility and work. Often there are no others there to help and caregivers have little time to take care of their own needs.

## Savvy Caregiver

### What is it?

The Savvy Caregiver Workshop is a six session training series for informal caregivers. For most family caregivers, caregiving itself is a new role, one for which training is needed, just as a person would receive training for any new job. The Savvy Caregiver Program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for their care recipients throughout the progression of Alzheimer's or dementia.

### Who is it for?

Savvy Caregiver is for informal caregivers of a person with Alzheimer's or related dementia.

### What does it do?

Evidence demonstrating the program's effectiveness in increasing caregiver skill, knowledge, and confidence as well as reducing caregiver distress has been shown (Hepburn et al., 2007; Hepburn et al., 2003). Research has demonstrated significant positive outcomes for caregivers who participated in the program versus those in the control group with respect to the caregivers' beliefs about caregiving, their reactions to the behavioral symptoms of their care recipient, and their feelings of stress and burden (Ostwald et al., 1999; Hepburn et al., 2001).

> For class information and to register, visit [healthylivingforme.org](http://healthylivingforme.org)