



### **What is the Savvy Caregiver Evidenced Based Course?**

The Savvy Caregiver Course is a Psycho-Educational Training curriculum developed out of Emory University, designed to equip Caregivers of those with Alzheimer's Disease or a Related Disorder (ADRD) with knowledge, skills and attitudes needed to carry out their role as well as how to identify, self-care issues.

### **How long is the Savvy Caregiver course?**

The course is a 12-hour training program delivered by two credentialed trainers over a 6-week period. (2) Hours Per week for (6) weeks.

### **Why is it successful?**

In evaluations from the original study and the program versions, participants report increased caregiver skill, knowledge and confidence. Results also indicate better caregiver wellbeing.

### **What are the objectives?**

Help Caregivers To:

- Appreciate the Scope and Impact of Their Work
- Increase Skills and Knowledge for Caregiving
- Adopt a More Strategic Outlook on Their Work
- Develop More Effective Strategies for Caregiving
- Improve Self-Care Skills
- Reduce the Potential Adverse Impacts of Caregiving
- Improve the Quality of Life of Care Recipients
- Increase Involvement of Families and Other Resources

### **Why and how is the Area Agency on Aging of Pasco-Pinellas (AAAPP) providing this course?**

Through the planning process, the AAAPP recognized that most evidenced based courses offered throughout PSA5 concentrate on Falls Prevention, Disease Management or Exercise & Lifestyle yet none solely concentrate on Caregivers and the journey they find themselves encountering. While this was not a DOEA approved course, in 2018, the AAAPP applied for a pilot grant and was successful. The goal of the grant was to train instructors and provide classes within Pasco and Pinellas Counties. As of CY2020, the DOEA has approved this course and the AAAPP has an approved Direct Service Waiver (DSW) to provide the Savvy Caregiver in our PSA using OAA and American Rescue Plan funding.