



Find a Licensed Savvy Caregiver Workshop Near You



In-Person and Zoom-Based

Are you a family member looking to participate in a Savvy Caregiver Program in your area? The following is a current list of licensed Savvy Programs around the country. Please contact them directly.

Video Version

If there is not a Savvy Caregiver location near you, or if you would prefer to view an video version of an actual Savvy Caregiver class from the privacy of your own home, view a [video sample](#) below, or visit www.savvycaregiver.com/families.

In-Person and Zoom-Based Savvy Caregiver Workshops

Colorado

Longmont Senior Services	Longmont, CO	(303) 651-8411	www.longmontcolorado.gov/departments/departments-n-z/senior-services
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Florida

Area Agency on Aging of Broward County	Flint, FL	(954) 745-9567	www.adrcbroward.org
Dubin Center	Ft. Meyers, FL	(239) 437-3007	www.dubincenter.com
Pasco-Pinellas Area Agency on Aging	St. Petersburg, FL	(727) 570-9696	www.agingcarefl.org

Georgia

Georgia Department of Public Health	Atlanta, GA	(404) 657-2700	www.dph.georgia.gov
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Illinois

AgeLinc	Springfield, IL	(217) 787-9234	www.agelinc.org
City of Chicago	Chicago, IL	(312) 747-0189	www.chicago.gov/city/en/depts/fss/provdrs/senior/svcs/regional_senior_centers.html
Senior Services of Central IL	Springfield, IL	(312) 814-2630	www.ilaging.illinois.gov

Massachusetts

Boston Senior Home Care	Boston, MA	(617) 451-6400	www.bshcinfo.org
Elder Service of Cape Cod and the Islands	South Dennis, MA	(508) 394-4630	www.escci.org
Elder Services of Worcester Area, Inc	Worcester, MA	(508) 756-1545	www.eswa.org
Highland Valley Elder Services, Inc	Florence, MA	(413) 589-2000	www.highlandvalley.org

Maine

Southern Maine Agency on Aging	Biddeford, ME	(207) 396-6500	www.smaaa.org
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Michigan

Region IV Area Agency on Aging	St. Joseph, MI	(269) 983-0177	www.areaagencyonaging.org
UPCAP Services Inc	Escanaba, MI	(906) 786-4701	www.upcap.org
Valley Area Agency on Aging	Sunrise, MI	(810) 239-7671	www.valleyareaaging.org

North Carolina

LifeCare	Wilmington, NC	(800) 733-1476	www.lifecare.org
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New Hampshire

Dartmouth Centers for Health and Aging	Lebanon, NH	(603) 653-3460	www.dartmouth-hitchcock.org/aging-resource-center
Social Work Services Wentworth Douglas Hospital	Dover, NH	(603) 742-5252	www.wdhospital.org/wdh

Pennsylvania

Lehigh Valley Health Network	Allentown, PA	(610) 402-8950	www.lvhn.org
United Way of the Greater Lehigh Valley, LLC	Allentown, PA	(610) 758-8010	www.unitedwayglv.org

South Dakota

Active Generations	Sioux Falls, SD	(605) 336-6722	www.activegenerations.org
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Texas

Amazing Place	Houston, TX	(713) 552-0420	www.amazingplacehouston.org
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Video Version of Savvy Caregiver

If there is not a Savvy Caregiver location near you, or if you would prefer to view an electronic, video version of an actual Savvy Caregiver class from the privacy of your own home, **PURCHASE NOW** at www.savvycaregiver.com/families.

What is the Savvy Caregiver® Program?

Savvy Caregiver Program was developed in conjunction with experts and researchers from the University of Minnesota, Emory University, Duke University, and Michigan State University. It is recognized by the U.S. Administration on Community Living (ACL) and can help you reduce stress and caregiver burden while creating a better life for your loved one with memory loss or dementia.

Topics Include:

- Introduction to Dementia and Caregiving
- Minimizing Confusion and Taking Charge
- Loss of Abilities and What You Can Do
- Providing Structure and Support
- Decision Making for Difficult Situations

In this award-winning video program, you'll see real people sharing their caregiving concerns openly and honestly. You'll learn the basics about dementia, how dementia affects thinking skills, your new role as a "caregiver," and effective ways to respond to changes in the behavior of your family member.

Watch a Sample of the Online Video



- View award-winning programs and resources.
- Complete from the privacy of your home.
- Get answers from national experts.
- Put an end to frustrating conversations.
- Learn how to respond to repetitive questions.

Direct Video Sample Link: www.tinyurl.com/SavvyVideoSample

Benefits of Video Version of Savvy Caregiver

- View award-winning programs and resources.
- Complete from the privacy of your home.
- Get answers from national experts.
- Put an end to frustrating conversations.
- Learn how to respond to repetitive questions.

Customer Testimonial



Diana with her mother

“I could have never known the journey I was about to take when my Mom was diagnosed with Alzheimer’s. My frustration grew as the disease began to rear its ugly head quicker than I could have imagined. We met with so many doctors and although they tried to be helpful, we got more sympathy than answers or education.

A short time later I was introduced to The Savvy Caregiver, and it literally saved my relationship with my Mom. I can’t tell you how much I appreciated the “normal” people like me speaking to how this disease has changed their lives and to the experts you showed giving us all strategies to cope with so many losses for both myself and my Mom. I can’t thank you enough for giving me the tools to allow my Mom and I to remain best friends while dealing with the challenges this disease brings.

For anyone dealing with a family member with Alzheimer’s or dementia, The Savvy Caregiver is a total blessing!”

-Diana S., Daughter and Caregiver, St. Paul, MN

Other Customer Testimonials

“I started watching session one and was absolutely mesmerized. I couldn’t stop watching. I want everyone in my family to see it!”

-Tina Y., Family Member, Raleigh, NC

“I just wish I had had this program when my dad was diagnosed. I would have avoided some stressful situations.”

-Jaime T., Family Member, St. Paul, MN

“It is hard to get away to a classroom program or support group, so I like that I can watch this DVD in my home whenever I have time.

-John L., Family Member, Portland, OR

“What a pleasant surprise it was to discover the Savvy Caregiver—an excellent, effective, and necessary program. I highly recommend this program to the courageous families who care for their loved ones at home. The up-to-date information and guidance will make care more effective in every way. Two thumbs up!!”

-Robert C., RN/BSN, Knoxville, TN

Recognized by U.S. Administration on Aging/U.S. Administration for Community Living

The Savvy Caregiver curriculum is an “evidence-based program” for families recognized by the U.S. Administration on Aging. Now you can view this series in the privacy of your own home.

National Team of Experts

The video version of Savvy Caregiver was developed in conjunction with researchers from the University of Minnesota, Emory University in Georgia, Duke University in North Carolina, and Michigan State University as well as a national team of experts.

Experienced Instructor

Host Judy Dolloff, LCSW, a social worker from Centura Health in Denver, coached and supported family caregivers for nearly 30 years and is one of the most experienced Savvy Caregiver instructors in the country.

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