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What's the difference between Savvy Caregiver® Express and Savvy Caregiver® Advanced?

The major difference between Savvy Express and Savvy Advanced is that Savvy Express is a shortened delivery of original Savvy Foundational content, whereas Savvy Advanced applies Savvy Foundational strategies to later-stage and end-of-life choices and care with *new and different content* focusing on future planning and daily care issues.

Savvy Caregiver® Express

The Savvy Caregiver Express program is a 3-session delivery of the original 6-session Savvy Caregiver Foundational program. As with the Savvy Foundational, Savvy Express is designed to benefit someone providing care for an individual living with memory loss, dementia, or Alzheimer's disease but who may not have the time to complete the original 6-session program.

The Savvy Express group leader training will specifically highlight the adapted sequence and delivery strategies for the 3-session Savvy Express version.

Savvy Caregiver Express group leaders must first be trained and certified in Savvy Foundational. In addition, group leaders must then complete a specialized Savvy Caregiver Express training program in order to deliver Savvy Express. Each training comes with both a paper and PDF copy of the Group Leader and Caregiver manuals.

Savvy Caregiver® Advanced

After completing Savvy Caregiver Foundational, family caregivers often ask if there is additional programming they can complete to continue their educational journey. Savvy Advanced is a 4-session program designed for caregivers who have already completed the Savvy Caregiver 6-session program or the Savvy Express 3-session program.

Savvy Advanced revisits Savvy Foundational strategies regarding problem-solving and planning skills, with specific attention to late-stage dementia. Participants will focus on improving communication techniques, update their care teams, and address activities of daily living in the later stages. The program also focuses on coping with grief and loss.

The Savvy Advanced group leader training will specifically highlight the adapted content and delivery strategies for the Advanced version.

Savvy Caregiver Advanced group leaders must first be trained and certified in Savvy Foundational. In addition, group leaders must then complete a specialized Savvy Caregiver Advanced training program in order to deliver Savvy Advanced. Each training comes with both a paper and PDF copy of the Group Leader and Caregiver manuals.