Savvy Caregiver

What is it?
• An evidence-based psycho-educational program for family caregivers of people living with dementia
• Developed by Ken Hepburn, Ph.D. and a team from the University of Minnesota in 2002, with funding from the Alzheimer’s Association and the UCare Minnesota Foundation

Overall Program Objectives
• Help caregivers appreciate the scope and impact of their work
• Reduce potential adverse impacts of caregiving
• Increase caregivers’ skills and knowledge
• Help caregivers adopt a more strategic outlook in their work
Overall Program Objectives (cont.)
• Help caregivers develop more effective strategies for caregiving and decision-making
• Improve caregiver self-care skills
• Improve quality of life for the person living with dementia
• Increase involvement of family and other resources

Logistics
• Classes usually meet for 6 sessions, once a week for 1.5 hours a week (there are variations).
• Participants receive a caregiver manual with readings that reinforce the class content
• Classes end with simple “homework”
• Classes begin with a review of the homework, readings from the last week

The ACL grant
• Eligible participants attend the class free of charge.
  Eligibility criteria:
  • Family members, friends, neighbors or other non-professional caregivers who provide care for a person living with dementia
  – Person being provided care lives in the community (not in licensed residential care)
  – Person being provided care is in the early to middle stages of dementia
  – Family caregiver lives in Illinois; person with dementia can live elsewhere
  – Multiple family members/supporters are welcome to attend!
Eligibility requirements
• We need to pre-register people to be sure they meet the eligibility requirements
• Participants need to be able to commit to the majority of classes (at least 50%, but ideally all of the classes)
• Caregivers need to complete a set of surveys at the beginning of the first class, and at the end of the final class; these surveys will help us to determine if the class is making a positive impact on participant knowledge, skills, and their ability to cope with the challenges associated with caregiving

Care Navigation

What is it?
• A chance for family caregivers, other family members/friends to meet with a masters-level social worker or counselor to develop a support plan to:
  • Help you to find answers to questions about what to do after diagnosis
  • Provide guidance with decision-making as the disease progresses
Logistics
- By appointment only
- Includes pre-appointment assessment of needs
- 1 – 1.5 hour appointment
  - Resources will be shared
  - Support plan will be written and provided
- Optional follow up appointment if needed

Logistics (continued)
- Available in three conditions:
  - In person (depending on your ability to get to one of our offices)
  - By telephone
  - Via video conferencing (Skype, etc.)
- We encourage the person living with dementia, and multiple family members to participate if possible.

The ACL grant
- The appointment is available free of charge through the grant
- Those eligible include family members who provide care for a person living with dementia who lives in the community (not in licensed residential care)
- Family members can live out of state, as long as the person living with dementia lives in Illinois
Here is what we need from you:

• Primary family contact completes a pre-appointment assessment of needs, and a few caregiver surveys prior to the appointment
• Primary family contact completes a few caregiver surveys a month or so after the appointment, along with a satisfaction questionnaire
• The results will help us to determine if Care Navigation is a useful intervention for caregivers

If you are interested in scheduling a Care Navigation appointment but are not eligible to participate through the grant, do not lose hope! You can still contact us to schedule an appointment. There is no charge for this service, but we do ask for a voluntary donation.

How to register for Savvy Caregiver

Alzheimer’s Association
Call 800-272-3900 or visit www.alz.org/illinois and click on “Savvy Caregiver”

SIU Center for Alzheimer’s Disease and Related Disorders
Contact Greg Kyrouac
(217) 545-7199
gkyrouac@siu med.edu
Care Navigation
Call 800-272-3900 or visit www.alz.org/illinois and click on “Care Navigation”
You can participate from anywhere via telephone and video conferencing
In-person appointments are available in Bloomington, Joliet, Peoria, and Rockford
(Chicago too, but not through the grant)

Questions?