Are you **Prepared** to Care for a Loved One with Dementia?

JOIN A SAVVY CAREGIVER CLASS

SAVVY CAREGIVER®
KNOWLEDGE. SKILLS. MASTERY.

About the Program

The Savvy Caregiver Program is an evidence-based training program designed to support informal (unpaid), family or friend caregivers of individuals aged 60+ with Alzheimer's disease or other dementias. It provides caregivers with practical skills, strategies, and knowledge to manage daily caregiving challenges and enhance their loved one's quality of life. The program also emphasizes self-care and stress management to achieve more contented involvement between the caregiver and the care-person. The 7-week program is offered FREE through the Area Agency on Aging of Pasco-Pinellas, Inc. Classes are limited to 6-12 participants-register early to secure your spot.

Location

Virtual via Zoom

Open to residents of Pasco and Pinellas County, Florida

Session 0: Introductory Session

Tuesday, September 29 from 10:00am-10:30am

Please note this session provides class introductions and support in navigating the virtual platform

Class Details: Course Content

Sessions 1-6: October 6 to November 10, 2026

Days: Tuesdays

Time: 10:00am-12:00pm

Register Here:

https://us02web.zoom.us/meeting/register/Izbil2H-QZmOpwu2GDnMeQ

or follow the QR code

AREA AGENCY ON AGING PASCO-PINELLAS

FOR MORE INFORMATION CONTACT THE HEALTH AND WELLNESS PROGRAM AT THE AREA AGENCY ON AGING OF PASCO-PINELLAS AT 727-570-9696 EXT.163 OR EMAIL HEALTHANDWELLNESS@AAAPP.ORG