

Savvy Caregiver Virtual Training FAQ

How is the course offered?

- Just like our in-person classes, Savvy Caregiver Virtual is a series of two-hour classes over seven consecutive weeks.
- Classes are held using ZOOM, a phone and video conferencing service. Detailed instructions will be provided once you register.

How do I attend the class?

- To join the class you will use a telephone, smartphone/tablet, or computer.
- One of our Caregiver Support Coaches will be presenting a live video that you can watch or just listen to.
- During the class, there will be opportunities for you to ask questions and the class instructor will provide feedback.

What equipment do I need?

- All you need is a telephone (landline or cell – no internet connection required) or a computer/smartphone/tablet with an internet connection.

Can I watch class sessions at my own pace?

- The course is only taught live, we currently do not offer a self-paced course. We offer several different class times that participants can attend.

How will the materials be presented?

- The class instructor will be teaching in a format similar to our in-person classes. The instructor will cover class topics by a discussion and slideshow.
- All necessary course materials will be mailed to you. This includes: the Savvy Caregiver Training manual, handout booklet, journal, and weekly slideshow printouts.

How do I register?

- Online: agingresources.org/savvy-caregiver-for-families
- Email: send an email to savvy@agingresources.org include the class time you're interested in joining

Is there a cost to join this course?

- No, all programs offered through Elder Options are free for the community!