

2026 Education & Support Groups

Salt Lake County Aging & Adult Services | Caregiver Support Program

Classes and support groups are open to family, friends, and other unpaid community caregivers.

- **Support Groups** – In Person/Virtual. Peer support groups with a wide variety of care topics. We offer in-person groups at Midvale, Millcreek, and Riverton Senior Centers. We offer virtual groups for caregivers who might need an evening virtual option or a virtual group for veterans caring for non-veteran family or friends.
- **Caregiver Skill-Based Discussions** – We offer a variety of caregiver skill-development discussions each year. Caregivers may attend one or all sessions offered during a calendar year. We offer discussions in person at Midvale Senior Center and a virtual option.
- **Dementia Live** – A 45-minute experience for caregivers assisting those with any form of Dementia. Participants use goggles, headphones, and other tools to experience a dementia state.
- **What is Dementia Really?** – Caregivers explore four key truths about dementia, and gain insight into how changes in vision and language impact those living Dementia.
- **Dementia Champions** – Build a foundation in Positive Approach to Care skills, learning how to recognize and respond to changes in the brain, and improve interactions to reduce distress.
- **Stress Busting for Family Caregivers** – Nine evidence-based sessions lasting 1.5 hours each. Caregivers learn eight stress management techniques and receive a free manual.

Presentation Requests

Community organizations and others may request presentations (based on staff and calendar availability). We need at least one-month previous notice to accommodate requests. Please email requests to ksnelson@saltlakecounty.gov.

How do I sign up?

There is no cost to attend, but **registration is required** due to limited class sizes:

saltlakecounty.gov/aging-adult-services/calendar/



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385-468-3280 | TTY 7-1-1
saltlakecounty.gov/caregiver | #slcoaging | @slcoaging

Need help with registration?

385-468-3281