

Creating Confident Caregivers

A special program for family members caring for a loved one at home with Alzheimer's or dementia.



Testimonial -

"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."

Family Caregiver

What's In It For You?

Learn about -

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

Provided by:
**The Area Agency on
Aging/UPCAP**

&

**C-L-M Community Action
Agency**

About the program -

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two hour sessions are held once a week for six weeks. There is no charge to participants for the workshop or materials, and those who successfully complete the workshop may be eligible for a cash incentive. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

Free Respite Care -

Care for your family member with memory loss can be provided free of charge so you may attend the sessions.

Ask for details when you register.

Classes Offered -

Attend FREE!

Day & Dates:

Time:

To Be Announced

Location:

Address:

To register contact:

Holly or Shauna (906) 632-3363
or Dial 2-1-1

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90A10022) and the Michigan Office of Services to the Aging.