

Creating Confident Caregivers

A special program for family members caring for a loved one with dementia and/or memory loss who is a military veteran.



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
John D. Dingell VA
Medical Center and
The Senior Alliance, Area
Agency on Aging 1C***

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. Three hour sessions are held once a week for four weeks, at no charge to participants through a federal grant. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving

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! 3 hour session
once a week for four weeks

Classes

Day & Date: TBD

Time: TBD

Location: The Senior Alliance, AAA 1C

Address: 3850 Second St., Ste. 201
Wayne, MI 48184

**To register contact The Senior
Alliance**

(734) 722- 2830

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