

What is Creating Confident Caregivers?

- **Education for caregivers-** Provides information and skill development to manage stress and increase effective caregiving
- **Proven successful-** uses the Savvy Caregiver Program, a proven program, for family members caring for a loved one with dementia at home.
- **On-going support-** three hour sessions are held once a week for four weeks, at no charge to participants through a federal grant

Program Partners:



This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's disease Supportive Services Program, (#90AI0022) and the Michigan Office of Services to the Aging.



CREATING CONFIDENT CAREGIVERS

A program for families dealing with dementia or memory loss



"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

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 take care of your loved one



Free Series Offered

Each free series includes:
one 3 hour class each week
for 4 weeks
plus a 2 hour follow-up
session

Series 1

October 19, 26, November 2, 9, 16
10:00 a.m. to 1:00 p.m.
Lunch Provided

Series 2

November 30, December 7, 14, 21, 28
1:00 p.m. to 4:00 p.m.

Parkside Pioneers
24730 Eureka Rd.
Taylor, MI
48180

Series 3

January 6, 13, 20, 27, February 3
6:00 p.m. to 9:00 p.m.

WoodPoint
29667 Wentworth
Livonia, MI
48154

Snacks Provided/Onsite Respite
Gift cards presented at end of series

Free Respite Care Provided

Care for your family member
with memory loss can be provided
(at no cost) so you may attend
the sessions.

Ask for details when you register



To Register

Contact:

The Senior Alliance
Area Agency on Aging 1-C

at

734-727-2017

or

LDevore@tsalink.org