

# Creating Confident Caregivers®

A program for family members caring for a loved one with dementia and/or memory loss.

Provided by



CREATING CONFIDENT CAREGIVERS®

## 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."*

## 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

## 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 and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

## Classes Offered

### Wednesdays:

May 29 – July 3, 2019

2:00pm – 4:00pm

Meeting two hours each week for 5 weeks, session 5 & 6 will be combined

**Location:** Active Adult Day Health Club  
2284 S Ballenger Hwy Ste E Flint, MI 48503

**Cost:** \$10.00 per workbook is requested, but not required to attend this workshop. The cost covers the cost of the caregiver workbook you will receive.

### To register for this class contact:

Abbie Mars, Health and Wellness Program Manager  
at Valley Area Agency on Aging at (810) 600-0633.