Are you caring for a loved one with memory loss?



We can help...

Savvy Caregiver

If you are an active caregiver of a family member or friend with dementia living at home, this workshop will help you gain special skills and knowledge you will need to be successful.

The Savvy Caregiver will help you:

- ✓ Understand the impact of dementia on both you and your loved-one.
- ✓ Learn skills you need to manage daily life.
- \checkmark Take control and set goals.
- ✓ Communicate more effectively.
- ✓ Strengthen family resources.
- ✓ Feel better about your caregiving
- ✓ Take care of you!

SAVVY CAREGIVER KNOWLEDGE: SKILLS. MASTERY,

Program Details

<u>Dates:</u> Thursdays, May 4– June 1, 2023

<u>Time:</u> 5:45pm – 7:45pm

Classes meet once per week for 5 weeks.

Location:

Flushing Area Senior Center 106 Elm Street Flushing, MI 48433

<u>Cost:</u> No cost, donations are welcome for the class.

To register for the class please contact: (810) 659-4735



Paid for with funding from Valley Area Agency on Aging (VAAA) and the Bureau of Aging, Community Living, and Supports. If you would like additional information, please call Abbie Mars at Valley Area Agency on Aging at 810-600-0633.