Dementia Caregiving

ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person workshop series for help!

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support

DEMENTIA CAREGIVING WORKSHOPS

Memorial Healthcare NOW Building
819 N Shiawassee St. Suite 100
Owosso, MI 48867
Fridays, October 4 – 18, 2024
1:30pm – 3:00pm
To register call – 989-723-1390 and ask for Stacy. This class will be in the Neurology Conference Room.

Swartz Creek Area Senior Center
8095 Civic Drive
Swartz Creek, MI 48473
Thursdays, October 10 – 24, 2024
5:30pm – 7:00pm
To register call – (810) 635-4122

Kraphol Senior Center
5447 Bicentennial Dr.
Mt. Morris, MI 48458
Wednesdays, October 16 – 30, 2024
Noon – 2:30pm
To register call – 810-785-2270

Flushing Area Senior Center
106 Elm Street
Flushing, MI 48433
Mondays, November 25 – December 9, 2024
1:30pm – 3:00pm
To register call – (810) 659-4735

HomeJoy MidMichigan – Corunna
101 South Shiawassee St
Corunna, MI 48817
Class will be in the Adult Day Area
Fridays, October 18 – November 1, 2024
10:00am – 11:30am
To register call – (989) 277-0915

These workshops are available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports. For more information, please reach out to Abbie Mars, Health and Wellness Program Manager at Valley Are Area Agency on Aging at (810) 239-7671 Ext. 213.