Dementia Caregiving

ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person or a Zoom class to 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

Clio Area Senior Center
2136 W Vienna Rd. Clio, MI 48420
Wednesdays, February 5 - 19, 2025
1:00pm – 2:30pm
To register call – (810) 687-7260

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Via Zoom – Virtual Night Class
Wednesdays, February 19 – March 5, 2025
6pm – 7:30pm
To register email Abbie Mars at marsa@valleyaaa.org

Memorial Healthcare NOW Building
819 N Shiawassee St. Suite 100
Owosso, MI 48867
Tuesdays, April 8 - 22, 2025
1:30pm – 3:00pm
To register call – 989-723-1390 and ask for Stacy.

Imlay City Senior Center
395 E 3RD St, Imlay City, MI 48444
Wednesdays, May 7 – 28, 2025 (No class 5/21)
12:30pm – 2:00pm
To register call – (810) 724-2345