

Creating Confident Caregivers

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

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.

Free Respite Care -

Care for your family member with memory loss can be provided free of charge so you may attend the class sessions.

Call Abbie Mars at 1-800-978-6275 EXT 213

Classes Offered -

Attend **FREE!**

2 hour sessions once a week for six weeks

Thursdays, Aug. 20th thru Sept. 24th, 2015
9:30 – 11:30 a.m.

Location:

Lapeer County
Community Mental Health
1570 Suncrest Drive
Lapeer, MI 48446

For further information or to register for the class contact:
The Alzheimer's Association Helpline
(800) 272-3900

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."

Family Caregiver

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

Provided by