

# Creating Confident Caregivers

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

Provided by:



## 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

## 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 Jennifer Joyner, Valley Area Agency on Aging at (810) 239 -7671 Ext 281 to schedule.

### Cost:

A \$10.00 Donation is requested from the Creating Confident Caregivers workbook is requested, but not required to attend the class.

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

## Upcoming Summer Classes:

### Grand Blanc Senior Center

12632 Pagels Dr. Grand Blanc, MI 48439

August 8 – September 12, 2017

10:00am – Noon

To register call Grand Blanc Senior Center at  
(810) 695 - 3202

### Loose Senior Center

707 N Bridge St. Linden, MI 48451

August 9 – September 13, 2017

1:00pm – 3:00pm

To register call Loose Senior Center at  
(810) 735-9406

### Clio Senior Center

2136 W Vienna Rd Clio, MI 48420

August 2 – September 6, 2017

10:00am – Noon

To register call Clio Senior Center at  
(810) 687-7260

### Swartz Creek Senior Center

8095 Civic Dr Swartz Creek, MI 48473

July 17 – August 21, 2017

10:00am – Noon

To register call Swartz Creek Senior Center at  
(810) 635-4122

### Krapohl Senior Center

G-5473 Bicentennial Drive Mt Morris, MI 48458

July 13 – August 17, 2017

1:00pm – 3:00pm

To register call Krapohl Senior Center at  
(810) 785-2270

### Flushing Senior Center

106 Elm St. Flushing, MI 48433

July 13 – August 10, 2017

10:00am – noon

To register call Flushing Senior Center at  
(810) 659-4735

