

# Creating Confident Caregivers

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

Provided by



Valley Area  
Agency On Aging



CREATING CONFIDENT CAREGIVERS

## 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."*

## 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

## 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 Jennifer Joyner at 810-239-7671 Ext 281.**

## Classes Offered

### Tuesdays:

August 8 – September 12, 2017

10:00am – 12:00 pm

Meeting two hours each week for 6 weeks

**Location:** Grand Blanc Senior Center  
12632 Pagels Dr. Grand Blanc, MI 48439

**Cost: \$10.00 per workbook**

**To register for this class contact:**

**Jennifer Joyner, Valley Area Agency on Aging: 810-239-7671 Ext 281.**

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 at Valley Area Agency on Aging at 810-600-0633.