

Join a Free Creating Confident Caregivers Workshop Today!

Learn Strategies to:

- Reduce caregiver stress
- Improve caregiver confidence
- Create a positive caregiving environment
- Plan daily activities for your loved one based on their strengths
- Deal with behaviors caused by dementia and its effects on the brain

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program Grants, The Michigan Office of Services to the Aging, the Area Agency on Aging 1-B, and the Alzheimer's Association - Michigan Great Lakes Chapter.

Workshop Basics

The Creating Confident Caregivers Program, utilizing the University of Minnesota's Savvy Caregiver Program, is designed to assist persons caring for family members with a dementia related illness, such as Alzheimer's disease, closed head injury, dementia due to a stroke, etc.

This program has been proven to reduce the stresses of caregiving by providing tools and information to help empower caregivers.

The workshop meets for two hours, one day a week for six weeks.

There is no charge to caregivers for the workshop or any materials provided.

The program provides family members with information and tools in four main areas:

- **Managing Daily Life**
- **Managing Behavior**
- **Managing Your Own Well Being**
- **Managing Resources**

Eligibility & Free Respite Care

The CONFIDENT CAREGIVERS WORKSHOP is available to:

- Anyone providing care for a family member (spouse, parent, other relative) or friend at home who is experiencing Alzheimer's symptoms or another form of dementia.
- Caregivers/family members who are assisting the primary caregiver with caregiving duties.

Care for your family member with dementia can be provided at no cost to you while you attend this workshop!

For more information, and to register for a Creating Confident Caregiver Workshop, please call: The Area Agency on Aging 1-B 800-852-7795.



Become a Savvy Caregiver!

2011/2012 Workshop Locations for Livingston, Monroe & Washtenaw Counties

Livingston County Catholic Charities
Be Our Guest

2020 E. Grand River Ave., Suite #103
Howell, MI

Mondays

October 10, 17, 24 (skip Halloween) &
November 7, 14 and 21, 2011

5:00 p.m. - 7:00 p.m.

Frenchtown Senior Citizen Services,
Inc.

2786 Vivian Road
Monroe, MI 48162

Tuesdays

March 6, 13, 20, 27 &
April 3 and 10, 2012

1:00 p.m. - 3:00 p.m.

To Register Contact:

Area Agency on Aging 1-B
(800) 852-7795

Visit us at www.aaa1b.com



alzheimer's 
association®

2012 Locations Continued:

University of Michigan
Turner Senior Resource Center
Silver Club
2401 Plymouth Road, Suite C
Ann Arbor, MI 48105

Thursdays

March 29 &

April 5, 12, 19, 26 & May 3, 2012

10:00 a.m. - 12:00 p.m.

Evangelical Homes of Michigan
Memory Support Center

at Brecon Village
101 Brecon Drive
Saline, MI 48176

Wednesdays

May 23, 30 &

June 6, 13, 20 and 27

2:00 p.m. - 4:00 p.m.

To register for one of these classes
or to learn about other locations:

Area Agency on Aging 1-B
(800) 852-7795

Visit us at www.aaa1b.com



CREATING CONFIDENT CAREGIVERS

Caring for someone with Alzheimer's, dementia or memory loss?



Help is only a phone call away!

"I had no understanding of the stages of the disease before participating in the workshop. This program has helped me have more confidence in the way I interact"

(800) 852-7795