

Become a Savvy Caregiver!

2011/2012 Workshop Locations

Alzheimer's Association - Greater Michigan Chapter
20300 Civic Center Dr., Suite 100
Southfield, MI
Tuesdays, October 4, 11, 18, 25 & November 1 and 8, 2011
10:00 a.m. - 12:00 p.m.

Dorothy & Peter Brown Jewish Community Adult Day Program at JVS
29699 Southfield, Southfield, MI
Wednesdays, October 12, 19, 26 & November 2, 9, and 16, 2011
10:00 a.m. - 12:00 p.m.

Bloomfield Township Senior Services
4315 Andover, Bloomfield Township, MI
Thursdays, October 13, 20, 27 & November 3, 10, and 17, 2011
3:00 p.m. - 5:00 p.m.

For more locations see back panel
To Register Contact:
Area Agency on Aging 1-B
(800) 852-7795
Visit us at www.aaa1b.com

2011/2012 LOCATIONS Continued:

SarahCare Adult Day Center
13425 19 Mile Road, Suite 500
Sterling Heights, MI 48313
Tuesdays, October 18, 25 & November 1, 8, 15 and 22, 2011
6:30 p.m. - 8:30 p.m.

Sheltering Arms Adult Day Care
18310 West 12 Mile, Southfield, MI
Wednesdays, January 11, 18, 25 & February 1, 8 and 15, 2012
10:00 a.m. - 12:00 p.m.

Older Persons' Commission
Dennis White Adult Day Service
650 Letica, Rochester, MI
Thursdays, February 9, 16, 23 & March 1, 8, and 15, 2012
6:00 p.m. - 8:00 p.m.

Jewish Senior Life Services
6710 W. Maple Rd., W. Bloomfield, MI
Tuesdays, April 17, 24 & May 1, 8, 15, and 22, 2012
10:00 a.m. - 12:00 p.m.

Star Path Adult Day Service
The Council on Aging, Inc., serving St. Clair County
600 Grand River Ave., Port Huron, MI
Thursday, May 10, 17, 24, 31 & June 7 and 14, 2012
4:00 p.m. - 6:00 p.m.

To Register Contact: AAA 1-B
(800) 852-7795



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 with my wife".

(800) 852-7795

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 - Greater Michigan 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 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.

