**Area Agency on Aging of Northwest Michigan**

**1609 Park Drive, Traverse City MI 49686**

**1-800-442-1713 or 231-947-8920**

**Updated 8/3/2015**

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| **Creating Confident Caregivers**  **CCC** | **Tailored Caregiving**  **“T-CARE”** | **Personal Action Toward Health**  **PATH** | **A Matter of Balance** |
| **Eligibility:** Any caregiver who is caring for a loved one in the home who has Alzheimer’s disease, memory loss, or other forms of dementia. | **Eligibility:** Any caregiver who is  caring for a loved one in either  their home or in the home of the  care recipient. | **Eligibility**: Adults with long term health conditions like arthritis, COPD, diabetes, heart disease, high blood pressure, fibromyalgia, and depression. | **Eligibility:** Adults ages 60 and over who  meet 1 or more of the following:  \* concern about falls  \* have sustained a fall in the past  \* have restricted activities because of  concerns about falls |
| **Financial Eligibility**: No income or asset qualifications. | **Financial Eligibility**: No income or asset qualifications. | **Financial Eligibility**: No income or asset qualifications. | **Financial Eligibility**: No income or asset  qualifications. |
| **Service Provision:** Six training sessions.  Participants will learn about:  \* Dementia & its effects on the brain  \* Caregiver resources  Participants will learn to:  \* Reduce caregiver stress  \* Improve caregiver self- confidence  \* Create a positive caregiving  environment  \* Plan activities for your loved one  based on their strengths  **Free Respite Care**  Care for a family member with dementia or Memory loss can be provided free of charge, while attending the sessions. | **Service Provision**: T-CARE includes:  A personal assessment and development of a caregiver self-care plan which will assist the participant to:  \* Recognize and understand the  signs of caregiver stress  \* Identify sources of support  \* Link with community services  \* Establish a good self-care  program  Monthly phone check-in and  quarterly follow-ups, as needed. | **Service Provision:** Six training sessions.  Participants will learn to:  \* Make plans based on THEIR goals  \* Manage symptoms like pain and  fatigue  \* Exercise safely, at a pace that is  right for them  \* Learn from others what has worked for them | **Service Provision:** Eight 2-hour training  Sessions.  Participants will learn to:  \* View falling and fear of fallings as  controllable  \* Set realistic goals for increasing  activity  \* Change their environment to reduce  risk of falls  \* Promote exercise to increase  strength & balance |