**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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 eithertheir home or in the home of thecare 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 whomeet 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 assetqualifications. |
| **Service Provision:** Six training sessions.Participants will learn about: \* Dementia & its effects on the brain \* Caregiver resourcesParticipants 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 trainingSessions. 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 |