

Area Agency on Aging of Northwest Michigan
1609 Park Drive, Traverse City MI 49686
1-800-442-1713 or 231-947-8920
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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