

Become a Savvy Caregiver!

"Knowing I am not doing this completely alone and learning it is o.k. to ask for help was a huge stress reliever for me."



"A tremendous tool to have on your side; do not let this class pass you by!"

**Connie, Caregiver
Potoskey, MI**



CREATING CONFIDENT CAREGIVERS

To register, or for information on scheduled trainings, please contact:

AREA AGENCY ON AGING
of Northwest Michigan

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

800-442-1713

**CREATING
CONFIDENT**

CAREGIVERS



CREATING CONFIDENT CAREGIVERS

**A Training Program
Providing Knowledge,
Skills, & Outlook for
Effective Caregiving**

**Caring for
Someone Living
with Dementia or
Memory Loss?**

800-442-1713



CREATING CONFIDENT CAREGIVERS

Register for a FREE six week
*Creating Confident
Caregivers*
training today!

Learn about:

- Dementia & its effects on the brain
- Caregiver resources

Learn how to:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan activities for your loved one based on their strengths

Creating Confident Caregivers is an exciting new program offered in select regions in Michigan for family caregivers of persons with dementia or memory loss.

Based on the university-tested *Savvy Caregiver* program, **Creating Confident Caregivers** is a six session program that provides caregivers with information, skills and attitudes to manage stress and increase their effectiveness.

WHO CAN ATTEND?

Any caregiver who is caring for a loved one in the home who has Alzheimer's disease, memory loss, or other form of dementia

FREE RESPITE CARE

Care for a family member with dementia or memory loss can be provided free of charge, while attending the sessions. Please ask for details when registering.

TRAINING LOCATIONS & REGISTRATION

The Area Agency on Aging of Northwest Michigan is scheduling **Creating Confident Caregivers** trainings throughout the ten counties of Northwest Michigan (Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Leelanau, Manistee, Missaukee, and Wexford).

To register for a **Creating Confident Caregivers** training, or for more information, please contact the Area Agency on Aging of Northwest Michigan at **800-442-1713**.

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