

AREA AGENCY ON AGING
of Northwest Michigan

Caregiver Support



**You support them.
We support you.**

AAANM supports caregivers through information, support, referral to resources, and education.

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231-947-8920 or 800-442-1713

A caregiver may provide care for an elderly or disabled parent, spouse or some other special person in need.

■ **Services and programs for caregivers**

Information and Assistance Experienced Information Specialists (nurses and social workers with expertise in aging issues) help caregivers sort through challenges and feelings. Information Specialists can also help caregivers identify supports like home delivered meals, respite, adult day services and personal care assistance.

T-Care A nurse or social worker can help a caregiver recognize and understand signs of stress, identify supports and establish a healthy self-care program.

Creating Confident Caregivers (CCC) This six-week workshop supports individuals caring for someone with dementia or memory impairment. Participants will learn about dementia and how to care for someone with this condition. Respite care is available free of charge during the workshop.

■ **How to get started**

Call AAANM to speak with an Information Specialist and discuss your unique circumstances.

■ **Cost and eligibility**

There are no costs for these programs and no eligibility requirements.

T-Care and CCC are supported by funds from the Administration on Community Living and the Michigan Aging and Adult Services Agency.

TCARE® was developed by Dr. Rhonda JV Montgomery and colleagues at the University of Wisconsin-Milwaukee Research Foundation. The CCC Program utilizes training methods from the University of Minnesota's Savvy Caregiver Program.