

# Creating Confident Caregivers

A program for family members caring for a loved one with dementia and/or memory loss.

Provided by  
  
Valley Area  
Agency On Aging  
Answers, Action & Advocacy  
for All Things Senior



CREATING CONFIDENT CAREGIVERS

## Testimonial

*"After the first class, I felt a weight had been lifted. I learned so much. It's helpful to know what I'm experiencing is normal and I'm not alone."*

## What's in It for You?

### Learn about:

- Dementia and its effects on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiving skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

## About the program

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia at home. Two-hour sessions are held once a week for six weeks and lead by dementia care specialists. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

## Classes Offered

### Thursdays:

January 20, 27, February 3, 10, 17, 24  
5:30pm – 7:30pm  
Meeting two hours each week for 6 weeks

### Location:

Flushing Senior Center  
106 Elm St Flushing, MI 48433

**To register for this class contact:  
Flushing Senior Center at (810) 659-4735.**