

# 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



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.

## Free Respite Care

Care for your family member with memory loss can be provided free of charge so you may attend the class sessions.

**Call Jennifer Joyner at 810-239-7671 Ext 281.**

## Classes Offered

### **Thursdays:**

March 8, 2018 – April 12, 2018  
2:00pm – 4:00pm

Meeting two hours each week for 6 weeks

### **Location:**

Central Church of the Nazarene  
1261 W Bristol Rd  
Flint, MI 48507

**To register for this class contact: Central Church of the Nazarene at (810) 235-5671.**