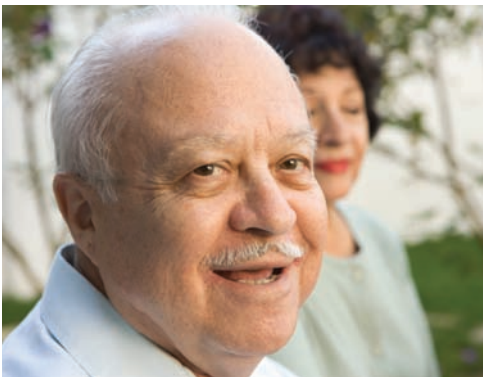


What is Creating Confident Caregivers?

- **Education for caregivers-** Provides information and skill development to manage stress and increase effective caregiving
- **Proven successful-** uses the Savvy Caregiver Program, a proven program, for family members caring for a loved one with dementia at home.
- **On-going support-** three hour sessions are held once a week for four weeks, at no charge to participants through a federal grant.



Program Partners:



The Source for Seniors

alzheimer's association
Greater Michigan Chapter- West Michigan



This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's disease Supportive Services Program, (#90AI0022) and the Michigan Office of Services to the Aging.



A program for families dealing with dementia or memory loss



"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."

-Family Caregiver

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



Free Series Offered

Each free series includes:
one 3 hour class each week
for 4 weeks
plus a 2 hour follow-up session

March Series

March 16, 23, 30 and April 6, 20, 2011

11:30 a.m. to 3:00 p.m.
(lunch provided)

Location:

Area Agency on Aging of Western Michigan
1279 Cedar, NE, Grand Rapids, MI

June Series

June 9, 16, 23, 30 and July 14, 2011

11:30 a.m. to 3:00 p.m.
(lunch provided)

Location:

Area Agency on Aging of Western Michigan
1279 Cedar, NE, Grand Rapids, MI

August Series

August 10, 17, 24, 31 and Sept 14, 2011

11:30 a.m. to 3:00 p.m.
(lunch provided)

Location:

Area Agency on Aging of Western Michigan
1279 Cedar, NE, Grand Rapids, MI

Free Respite Care Provided

Care for your family member with memory loss can be provided (at no cost) so you may attend the sessions.

Ask for details when you register



To Register

Contact:
Area Agency on Aging
of Western Michigan
at
(616) 456-5664
or
anne@aaawm.org