

Creating Confident Caregivers®

A program for persons caring for an individual living with dementia and/or memory loss.



What's In It For You?

Increase your knowledge of

- Dementia and its effects on the brain
- Caregiver resources

Practice developing caregiving skills and strategies to

- Manage dementia-related behaviors in a way that is less frustrating for both you and your loved one
- Take better care of yourself

Classes Scheduled -

About the program -

Creating Confident Caregivers® provides persons caring for an individual with dementia living at home with information, skills and attitudes to manage stress and learn effective caregiving skills. Two-hour sessions, led by a dementia-care specialist, are held once each week for six weeks. This program provides the SAVVY Caregiver Program, a tested and effective program.

Free Respite Care -

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

*Ask for details when you register.

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."

PRE-REGISTRATION REQUIRED - FOR NON- PROFESSIONAL CAREGIVERS ONLY

For more information, contact Linda Davis at Tri-County Office on Aging, 517-887-1447 or email at: davisl@tcoa.org