



A special program for families caring for someone with memory loss.

### 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.”*

Family Caregiver

### What’s In It For You?

Learn more about -

- Memory loss 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

This program is supported, in part, by Region 3B Area Agency on Aging, the U.S. Administration on Aging through its Alzheimer’s disease Supportive Services Program, (#90AI0022) and the Michigan Office of Services to the Aging.

### About the Program:

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with memory loss or showing signs dementia. Two hour sessions are held once a week for six weeks, at no charge to participants. The program provides participants with information, skills and attitudes to help them effectively manage stress and increase their caregiving skills.

### Free Respite Care:

As part of this special grant-funded program, respite care for your family member is provided free of charge so you may attend all five sessions of the training. A light snack is also included!

### The Next Class:

Join us for six week, once a week class at Burnham Brook Community Center, Battle Creek!

**March 6, 13, 20, 27**

**April 3 and 10**

Class Times are held from 1:00 - 3:00 p.m.

To register or for questions, call Anne at **269-441-0920**

Class size is limited to 12!

### A joint project of:

