




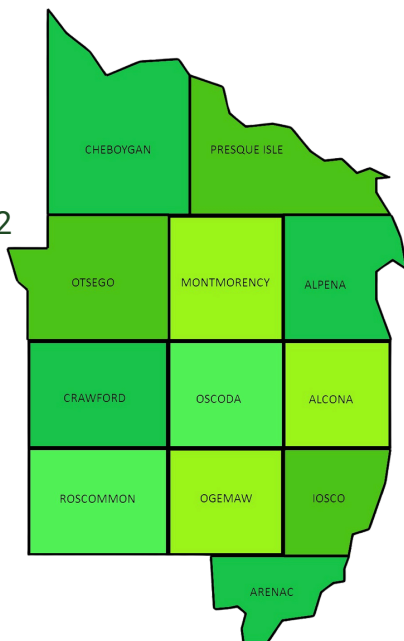
GET INTOUCHNOW

Contact Us at:

-  healthyaging@nemcsa.org
-  989.358.4667
-  www.facebook.com/Region9AreaAgencyonAging

Serving the Counties of:

Region 9 AAA coordinates and develops a comprehensive service delivery system for the older adults and adults with disabilities in a 12 county service area.



- Alcona
- Alpena
- Arenac
- Cheboygan
- Crawford
- Iosco
- Montmorency
- Ogemaw
- Oscoda
- Otsego
- Presque Isle
- Roscommon

WHO IS ELIGIBLE:

Services are available to Older Adults or family caregivers who can benefit from the program(s).

WHAT DO SERVICES COST:

Participants are not charged a fee for services. Donations and cost-sharing are encouraged to help maintain the programs.

WHERE ARE WORKSHOPS OFFERED:

Workshops are offered in convenient, easily accessible community locations in partnership with community health centers, community mental health, and local councils/commissions on aging.

Funding Sources:



Federal



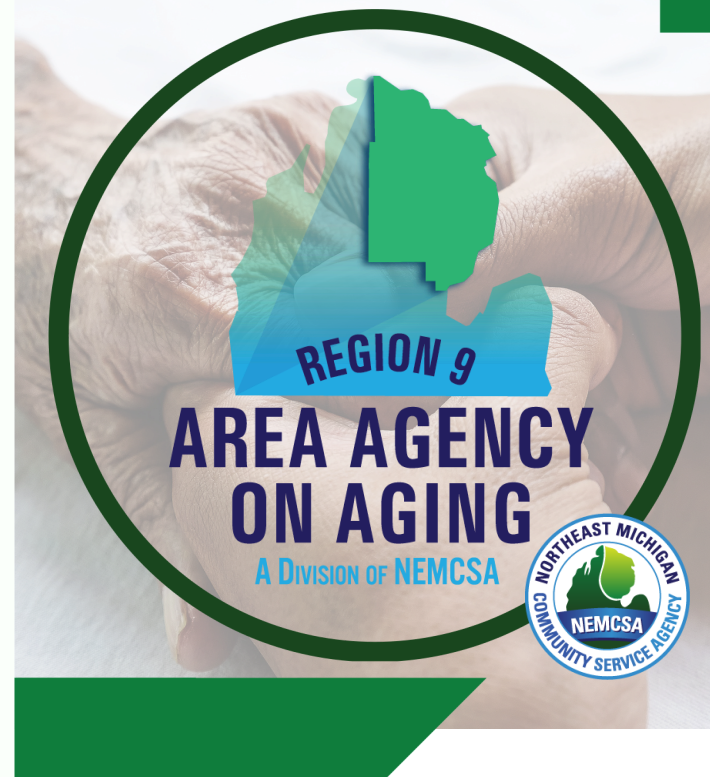
State



Local

Programs Supported by:

Older Americans Act, Michigan Department of Health and Human Services, and the Michigan Bureau of Aging, Community Living, and Supports (ACLS Bureau).



REGION 9 AREA AGENCY ON AGING

CAREGIVER PROGRAMS

WWW.NEMCSA.ORG

TRUALTA

Region 9 Area Agency on Aging is thrilled to partner with Trualta to give area caregivers free online resources to help families manage senior care at home. Trualta is packed with educational resources, planning tools, and tips to make you a better caregiver:

FAMILY CAREGIVER GUIDEBOOK

The materials provided in this guidebook are designed to offer family caregivers resources and information.

SELF-CARE HANDBOOK

This handbook provides family caregivers with resources, information, and helpful tips to reduce caregiver burnout and fatigue.

TECHNOLOGY AND CAREGIVING MANUAL

This manual has helpful information, resources, and technology options for family caregivers. Topics range from security, nutrition options, to self-care and more.

CAREGIVER NEWSLETTER

Each newsletter provides family caregivers with resources, information, and helpful tips to keep local caregivers informed. Register below to receive the quarterly newsletter.

CAREGIVER EMPOWERMENT AND WELLNESS CONFERENCE

The Caregiver Conference is held annually in different locations throughout the Region 9 twelve county service area.

This conference invites caregivers of all types, whether caring for someone with dementia or a chronic illness to attend.

The conference has an array of helpful information, speakers, and vendors.

POWERFUL TOOLS FOR CAREGIVERS (PTC)

PTC is a 90-minute, six-week self-care education workshop series. The workshop will provide you with tools and strategies to better handle the unique caregiver challenges you face. PTC does not focus on specific diseases or hands-on care.

Classes are small with only 8 to 12

participants. Going through the class as a small group allows participants to get to know and learn from each other.

You will benefit from this class whether you are helping a parent, spouse, friend, or someone who lives at home, in a nursing home, or across the country.

PTC Participants Will Learn How To:

- Reduce stress and take care of yourself.
- Make tough decisions.
- Reduce guilt, anger, and depression.
- Communicate more effectively.
- Work with family, providers, and care staff.
- Set goals and problem-solve.

WEBINAR SERIES

Dementia and Caregiver webinars are offered on the second Friday of the month from 1:00 pm-2:00 pm, via Zoom. Webinar topics vary each month.

DEMENTIA CAREGIVER SERIES

This three-part webinar series meets once a week for 1.5 hours each week. Attendees will better understand the impact of dementia on the brain, and feel better equipped to handle caregiving challenges and ideas for engaging in caregiving practices as care providers to someone with dementia.

Participants will learn how to:

- Understand basic information about dementia and its impact on brain function.
- Communicate more effectively with someone who has dementia.
- Recognize stages of dementia.
- Provide meaningful daily activities based on your person with dementia's interests and abilities.
- Better understand and address dementia-related behaviors.
- Create a positive caregiving environment.
- Learn strategies and benefits of self-care.
- Build your network of support.

OTHER CAREGIVER SERVICES:
Support Groups, Caregiver Resource Center, Kinship Care Program, Respite, Dementia Consultations, and Adult Day Centers