

Become a Savvy Caregiver!

Interested in a more positive care-giving experience?

Listen to what caregivers who completed the workshop had to say:

- *"The information in the class was absolutely invaluable. A weight has been lifted. I can't thank you enough."*
Gaylord Caregiver
- *"I really benefited emotionally. I understand what my mom is going through now and I have patience to help her."*
Cheboygan Caregiver
- *"I learned to accept things as they are and to do my best to take care of my husband as long as I can ... and to ask for help even for myself and not feel guilty."*
Alpena Caregiver



For more information on the Creating Confident Caregivers Program in Northeast Lower Michigan please contact:

Region 9 Area Agency on Aging

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Serving Alcona, Arenac, Alpena, Cheboygan, Crawford, Iosco, Montmorency, Ogemaw, Oscoda, Otsego, Presque Isle and Roscommon counties



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Caring for a Someone Who Has Memory Loss?



Help is Only a Phone Call Away!



Caregiver Enrichment

Join a Creating Confident Caregivers Workshop Today!

Learn Strategies to:

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive care giving environment
- Plan daily activities for your loved one based on their strengths

Workshop Basics

The Creating Confident Caregiver Program is designed to assist individuals caring for family members who have a dementia such as Alzheimer's disease and still are living at home.

This program has been found to reduce the stressors of caregiving by providing tools and information to help empower caregivers.

The workshop meets for two hours once a week for six weeks.

The program provides family members with information and tools in four main areas:

- **Managing Daily Life**
- **Managing Behavior**
- **Managing Own Well Being**
- **Managing Resources**

For more information about the program, contact:

Region 9 Area Agency on Aging
989.358.4616

Training Opportunities

CONFIDENT CAREGIVER TRAINING IS AVAILABLE TO:

- Any caregiver caring for a loved one at home suffering from Alzheimer's or another form of dementia.
- Caregivers/family members who are assisting the primary caregiver with care giving duties.

There is no charge to caregivers to attend this workshop or for any materials provided.

Respite needs should be addressed at the time of registration.

To inquire about a Creating Confident Caregiver workshop in your county, contact:

**Region 9
Area Agency on Aging
989.358.4616 or
www.nemcsa.org**