

Day to Day Challenges:

Here are some of the difficulties caregivers face:

- Caregiver Burnout
- Communication
- Dementia Basics
- Difficult Behaviors
- Enabling Environment
- Family Dynamics
- Long Distance Caregiving
- Personal Hygiene
- Physical Activity
- Repetitive Questioning
- Shadowing
- Sundowning
- Wandering

Community Resources:

Help connect you to other local resources in your area, such as:

- Adult Day Centers
- Area Agency on Aging
- Caregiver workshops
- Commission/Councils on Aging
- Support groups
- Respite Services

Contact Region 9 Area Agency on Aging for more information on Dementia Care Consultation Program and other Evidence-Based Disease Prevention Workshops throughout Northeast Michigan.



Region 9 Area Agency on Aging
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Dementia Care Consultation Program

Developing Dementia Dexterity

This program will provide you with tools and strategies to better handle the unique caregiver challenges you face as a dementia caregiver.



Goal:

Dementia Care Consultation Program is to provide you with information, guidance and support to help you live a happier, fuller life whether you have dementia or are caring for someone with dementia.

How does it work?

The Special Projects Coordinator will get in touch with you to find out about the support you may need.

Further support and information will be provided through individualized meetings at your home or other suitable location.

This allows you to get the right support at the right time for you and the person for whom you are caring.

Care Consultations:

The individualized meetings are scheduled with you three times over a six week period.

Care Consultation 1:

- Introductions
- Dementia Basics
- Select a specific goal
- Identify concerns
- Brainstorm solutions
- Create a plan

Care Consultation 2:

- Follow Up
- Revise the plan
- Provide individualized resources

Care Consultation 3:

- Follow up
- Provide individualized resources
- Evaluation

What support can we offer?

The Dementia Care Consultation program can provide:

- Information and guidance including information about diagnosis and aspects of living with dementia.
- Provide information to and referrals to local resources, services and organizations.
- Practical support to help you cope with the day to day challenges of living with dementia.
- Emotional support to help you work through your circumstance.

Every caregiver's situation is unique, so is this program.

