

# Creating Confident Caregivers®

AN EMPOWERING, EDUCATIONAL PROGRAM FOR INDIVIDUALS CARING FOR A PERSON  
WITH MEMORY LOSS OR DEMENTIA



## About The Program

Creating Confident Caregivers is a program for those caring for loved ones with dementia or memory loss. This unique, 6-week training uses the university tested Savvy Caregiver Program and provides participants with information and resources to better manage the stress of caregiving.

## What's In It For You?

Learn about —

- Dementia 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



KALAMAZOO COUNTY GOVERNMENT

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Health and Community Services Department

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## 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

## Respite Care

Care for your family member with memory loss can be arranged so you may attend the sessions.

\*Ask for details when you register\*

## Class Offered

**Dates:** May 16, 23, & 30  
June 6, 13, & 20

**Location:** Story Point  
3951 W. Milham Ave.  
Portage, MI 49024

**Time:** 2:00 – 4:00 p.m.

***Classes are free with donations accepted.***

**For questions or to register, please  
contact:**

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