

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



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

Classes Offered

Day & Dates: March 22 & 29th
April 5, 12, 19, & 26th

Location: Kalamazoo County Health
and Community Services
3299 Gull Rd. Kalamazoo, MI 49048

Conference Room F

Time: 2-4:00pm

Classes are free with Donations Accepted

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

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