

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
In the Pursuit of Extraordinary Governance...

AREA AGENCY ON AGING IIIA

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

Dates: October 10, 17, 24, and 31st.
November 7 & 14th

Location: Kalamazoo County Health & Community Services
3299 Gull Rd
Kalamazoo, MI 49048
Conference Room: F

Time: 2:00 - 4:00 pm

Classes are free with Donations Accepted

For questions or to register please contact:

Patti Stratton, LMSW
(269) 373-5141

psstra@kalcounty.com