## - Area Agency on Aging IIIA, Information & Assistance 269.373.5173 Caregiver Support (local)

Please note that AAA IIIA cannot guarantee the accuracy or completeness of this list. AAA IIIA does not license, recommend or guarantee the quality of listed providers or their services.

## **Caregiver Counseling**

**Business:** (269) 373-5141 **Business:** (269) 373-5173

**Business:** Area Agency On Aging IIIA

311 E. Alcott St.

Kalamazoo, MI, 49001,

Kalamazoo

Serving: Kalamazoo

Caregiving Counseling is a support group for individuals attending, or who have attended, the Creating Confident Caregivers class.

## **Creating Confident Caregivers**

**Business:** (269) 373-5141 **Business:** (269) 373-5173

**Business:** Area Agency On Aging IIIA

311 E. Alcott St

Kalamazoo, MI, 49001,

Kalamazoo

www.kalcounty.com/aaa/healthy\_living\_programs.ht

ml

**Serving:** Kalamazoo, Southwest Michigan

Creating Confident Caregivers is an empowering, educational 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. Class (2 hours) meets weekly for six weeks in a small group setting with a professional facilitator. Provides participants with information and resources to better manage the role of caregiving. Classes are held at various locations throughout Kalamazoo County, a few times per year. Call or see website for details.

Rev.20220420 Page 1 of 1