

Workshop Locations

St. Patrick Senior Center

58 Parsons St., Detroit, MI 48201

Wednesdays, February 15 – March 21, 2012

2:00 p.m. – 4:00 p.m.

Corinthian Baptist Church

1725 Caniff, Hamtramck, MI 48212

Tuesdays, February 21 – March 27, 2012

2:00 p.m. – 4:00 p.m.

Henry Ford Health System

1 Ford Place, Detroit, MI 48202

Thursdays, April 19 – May 24, 2012

6:00 p.m. – 8:00 p.m.

Henry Ford Health System

1 Ford Place, Detroit, MI 48202

Wednesdays, May 23 – June 27, 2012

10:00 a.m. – 12:00 p.m.

To register for a workshop,
contact Alzheimer's Association -
Greater Michigan Chapter
at (248) 996-1053



CREATING CONFIDENT CAREGIVERS

***Are you caring for someone with
Alzheimer's disease, dementia
or memory loss?***

In the
Creating Confident Caregivers
Workshop you will learn new information,
skills and attitudes to manage stress and
increase effective caregiving skills.



**For FREE Registration
please call
(248) 996-1053**

Creating Confident Caregivers

Uses the Savvy Caregiver Program, a university designed program, proven to assist persons caring for family members with dementia and/or memory loss.

The free workshop series meets for two hours, once a week for six weeks.

You Will Learn Strategies to:

- Reduce caregiver stress
- Improve caregiver confidence
- Create a positive caregiving environment
- Manage behaviors of your loved one through planned daily activities
- Deal with behaviors caused by dementia and its effects on the brain

Eligibility

The Creating Confident Caregivers Workshop is available to anyone providing care for a family member or friend at home who is experiencing symptoms of dementia. Caregivers who are assisting the primary caregiver are also eligible to participate.

Creating Confident Caregivers

Provides you with information and tools in four main areas:

- **Managing Daily Life**
- **Managing Behavior**
- **Managing Your Own Well-Being**
- **Managing Resources**

Free Respite Care

Care for your family member with dementia or memory loss can be provided at no cost while you attend the ***Creating Confident Caregivers*** Workshop. Ask for details when you call to register.



CREATING CONFIDENT CAREGIVERS

This program is supported, in part, by the U. S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90AE0322), the Michigan Office of Services to the Aging, the Detroit Area Agency on Aging, and the Alzheimer's Association – Greater Michigan Chapter.



alzheimer's association®

the compassion to care, the leadership to conquer