

# Become a Savvy Caregiver!

## 2011/2012 Workshop Locations

**Alzheimer's Association - Greater Michigan Chapter**  
**20300 Civic Center Dr., Suite 100**  
**Southfield, MI**  
Tuesdays, October 4, 11, 18, 25 & November 1 and 8, 2011  
10:00 a.m. - 12:00 p.m.

**Dorothy & Peter Brown Jewish Community Adult Day Program at JVS**  
**29699 Southfield, Southfield, MI**  
Wednesdays, October 12, 19, 26 & November 2, 9, and 16, 2011  
10:00 a.m. - 12:00 p.m.

**Bloomfield Township Senior Services**  
**4315 Andover, Blmflld Twnshp, MI**  
Thursdays, October 13, 20, 27 & November 3, 10, and 17, 2011  
3:00 p.m. - 5:00 p.m.

**For more locations see back panel**  
To Register Contact:  
Area Agency on Aging 1-B  
(800) 852-7795  
Visit us at [www.aaa1b.com](http://www.aaa1b.com)



## 2011/2012 LOCATIONS Continued:

**SarahCare Adult Day Center**  
**13425 19 Mile Road, Suite 500**  
**Sterling Heights, MI 48313**  
Tuesdays, October 18, 25 & November 1, 8, 15 and 22, 2011  
6:30 p.m. - 8:30 p.m.

**Sheltering Arms Adult Day Care**  
**18310 West 12 Mile, Southfield, MI**  
Wednesdays, January 11, 18, 25 & February 1, 8 and 15, 2012  
10:00 a.m. - 12:00 p.m.

**Older Persons' Commission**  
**Dennis White Adult Day Service**  
**650 Letica, Rochester, MI**  
Thursdays, February 9, 16, 23 & March 1, 8, and 15, 2012  
6:00 p.m. - 8:00 p.m.

**Jewish Senior Life Services**  
**6710 W. Maple Rd., W. Bloomfield, MI**  
Tuesdays, April 17, 24 & May 1, 8, 15, and 22, 2012  
10:00 a.m. - 12:00 p.m.

**Star Path Adult Day Service**  
**The Council on Aging, Inc., serving St. Clair County**  
**600 Grand River Ave., Port Huron, MI**  
Thursday, May 10, 17, 24, 31 & June 7 and 14, 2012  
4:00 p.m. - 6:00 p.m.

To Register Contact: AAA 1-B  
(800) 852-7795



CREATING CONFIDENT CAREGIVERS

## Caring for someone with Alzheimer's, dementia or memory loss?



## Help is only a phone call away!

*"I had no understanding of the stages of the disease before participating in the workshop. This program has helped me have more confidence in the way I interact with my wife".*

**(800) 852-7795**

## Caregiver Enrichment

### Join a Free Creating Confident Caregivers Workshop Today!

#### Learn Strategies to:

- Reduce caregiver stress
- Improve caregiver confidence
- Create a positive caregiving environment
- Plan daily activities for your loved one based on their strengths
- Deal with behaviors caused by dementia and its effects on the brain

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program Grants, The Michigan Office of Services to the Aging, the Area Agency on Aging 1-B, and the Alzheimer's Association - Greater Michigan Chapter.

## Workshop Basics

The Creating Confident Caregivers Program, utilizing the University of Minnesota's Savvy Caregiver Program, is designed to assist persons caring for family members with a dementia related illness, such as Alzheimer's disease, closed head injury, dementia due to stroke, etc.

This program has been proven to reduce the stresses of caregiving by providing tools and information to help empower caregivers.

The workshop meets for two hours, one day a week for six weeks.

There is no charge to caregivers for the workshop or any materials provided.

The program provides family members with information and tools in four main areas:

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

## Eligibility & Free Respite Care

### The CONFIDENT CAREGIVERS WORKSHOP is available to:

- Anyone providing care for a family member (spouse, parent, other relative) or friend at home who is experiencing Alzheimer's symptoms or another form of dementia.
- Caregivers/family members who are assisting the primary caregiver with caregiving duties.

**Care for your family member with dementia can be provided at no cost to you while you attend this workshop!**

**For more information, and to register for a Creating Confident Caregiver Workshop, please call: The Area Agency on Aging 1-B 800-852-7795.**

