

Creating Confident Caregivers

A special program for family members caring for a loved one at home with Memory Loss or dementia.



About the program -

Creating Confident Caregivers is an evidence based university tested program for family members caring for a loved at home experiencing memory loss or dementia. Two hour sessions are held once a week for six weeks. There is no charge to participants for the workshop or materials, and respite care may be available for caregivers while they attend the workshop. This program provides participants with information, skills and attitudes to manage stress and increase effective caregiving skills.

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

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

**Provided by:
The Area Agency on
Aging/UPCAP**



Free Respite Care -

Care for your family member with memory loss may be available through participating agencies while you attend the sessions.

Ask for details when you register.

Classes Offered -

Attend FREE!

Day & Dates: Tuesday's 11/14/17 – 12/19/17

Time: 2:00 p.m. – 4:00 p.m.

Location: Copper Country
Mental Health Institute

Address: 900 West Sharon Ave.
Houghton, MI 49931

To register contact:

Marja Salani, Trainer at (906) 370-7789,
Dial 2-1-1 or visit us on our website to
register at www.upcap.org

This program is supported, in part, by the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, (#90AI0022) and the Michigan Office of Services to the Aging.