

# Become a Savvy Caregiver!

2011

## Workshop Locations

**Sheltering Arms Adult Day Care**  
Catholic Social Services of Oakland County  
18310 West 12 Mile, Southfield, MI  
Wednesdays, February 9, 16, 23 &  
March 2, 9, and 16  
10:00 a.m. - 12:00 p.m.

**Older Persons' Commission**  
Dennis White Adult Day Service  
650 Letica, Rochester, MI  
Thursdays, February 24 &  
March 3, 10, 17, 24 and 31  
6:00 p.m. - 8:00 p.m.

**Waterford Senior Center**  
Encore Adult Day Service  
3621 Pontiac Lake Rd, Waterford, MI  
Wednesdays, March 23, 30 &  
April 6, 13, 20, and 27  
1:00 p.m. - 3:00 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)



**alzheimer's association**

## 2011 LOCATIONS Continued:

**Alzheimer's Association - Greater Michigan Chapter**  
20300 Civic Center Dr., Suite 100  
Southfield, MI

Tuesdays, February 22 &  
March 1, 8, 15, 22 and 29  
10:00 a.m. - 12:00 p.m.  
AND

Wednesdays, June 1, 8, 15, 22, 29 & July 6  
10:00 a.m. - 12:00 p.m.

**Jewish Senior Life Services**  
Fleischman Residence, Eugene &  
Marcia Applebaum J.C. Campus  
6710 W. Maple Rd., W. Bloomfield, MI  
Wednesdays, May 4, 11, 18, 25  
and June 1 & 7 (Tuesday)  
3:00 p.m. - 5:00 p.m.

**City of Farmington Hills**  
Senex Adult Day Service  
28600 11 Mile Rd, Farmington Hills  
Wednesdays, May 18, 25 &  
June 1, 8, 15, and 22  
10:00 a.m. - 12:00 p.m.

**Sheltering Arms Adult Day Care**  
3300 South Adams Rd, Auburn Hills, MI  
Thursdays, August 25, &  
Sept. 1, 8, 15, 22 and 29  
10:00 a.m. - 12:00 p.m.

**To Register Contact: AAA 1-B**  
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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**

## 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 a 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.**

