



CREATING CONFIDENT CAREGIVERS®

A special six part series for families caring for someone with memory loss.

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 more about -

- Memory loss 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

About the Program:

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with memory loss or showing signs dementia. Two hour sessions are held once a week for six weeks, at no charge to participants. The program provides participants with information, skills and attitudes to help them effectively manage stress and increase their caregiving skills.

Free Respite Care:

As part of this special program, respite care for your family member is provided free of charge so you may attend all six sessions of the training. A light snack is also included!

The Next Class:

Join us for a six-week, once-a-week class at
Burnham Brook
200 W. Michigan Ave.
Battle Creek

Tuesdays, July 22, 2014 - August 26, 2014

3:00 to 5:00 pm

**To register or for questions,
Call Anne at 269-441-0920
Class size is limited to 12!**

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Senior Health Partners

A community partnership of Bronson Battle Creek, CentraCare, Area Agency on Aging & Summit Pointe