

Caregivers Gain Confidence

Wednesdays, February 8-March 14, 2:00-4:00 pm

Senior Services Building, 4700 Dublin Ave in Midland

Sign up now for Creating Confident Caregivers, an evidence-based program with proven results. This program, which has been offered three times in Midland County, is off to a very strong start. The first three classes were very well received and great ideas and learning were shared among participants and instructors.

During the 6-week course, family members who care for a person with a form of dementia such as Alzheimer's Disease, learn strategies, behaviors and techniques to help maximize the ability of the person they care for to remain contentedly involved in their daily life. This series helps give resources, ideas, and information that can improve care, reduce stress, and lead to better management of caregiver skills as well as the quality of life of the person with dementia.

Space is extremely limited at each session so it is very important to call early to reserve a spot at 633-3700.

Generous support for these programs comes from The U.S. Administration on Aging through its Alzheimer's Disease Supportive Services Program, the Michigan Office of Services to the Aging, and the Region 7 Area Agency on Aging.