

Creating Confident Caregivers®

A VIRTUAL EMPOWERING, EDUCATIONAL PROGRAM FOR INDIVIDUALS
CARING FOR A PERSON WITH MEMORY LOSS



About The Program

Creating Confident Caregivers is a program for those caring for loved ones with dementia or memory loss. This unique, 6-week training uses the university tested Savvy Caregiver Program and provides participants with information and resources to better manage the stress of caregiving.

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



KALAMAZOO COUNTY GOVERNMENT

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Health and Community Services Department

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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

Respite Care

Care for your family member with memory loss can be arranged so you may attend the sessions.

Ask for details when you register

Class Offered

Dates: October 19 & 26
November 2,9,16,23,

Location: 311 East Alcott St.
Kalamazoo, MI 49001
Room 361

Time: 2:00 – 4:00 p.m.

Classes are free with donations accepted.

**For questions or to register, please
contact:**

Kalamazoo County Health & Community Services is committed to providing equitable, culturally competent care to all individuals served, regardless of race, age, sex, color, national origin, religion, height, weight, marital status, political affiliation, sexual orientation, gender identity, or disability.