



CREATING CONFIDENT CAREGIVERS®



**AN EMPOWERING, EDUCATIONAL PROGRAM  
FOR INDIVIDUALS CARING FOR A LOVED  
ONE WITH MEMORY LOSS OR DEMENTIA**

### About the Program -

Creating Confident Caregivers<sup>R</sup> uses the Savvy Caregiver Program, a university tested program for family members caring for a loved one with dementia and/or memory loss at home. Two-hour sessions are held once a week for six weeks and are lead by staff trained in the program. Caregivers receive new information, skills and attitudes to manage stress and increase effective caregiving skills.

### 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

### 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*

### Classes Offered -

**Next session dates: Tuesdays 2-4 p.m.  
August 13 (Medical Library), August 20  
(Dining Room), August 27 (Medical  
Library), September 3 (Medical Library),  
September 10 (Medical Library),  
September 17 (Dining Room).**

*No cost to attend.*

*Refreshments will be provided.*

#### **Pre-Register Today:**

**McKenzie Health System  
120 Delaware Street, Sandusky  
(810) 648-6181**

**Funding Greatly Acknowledged from  
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