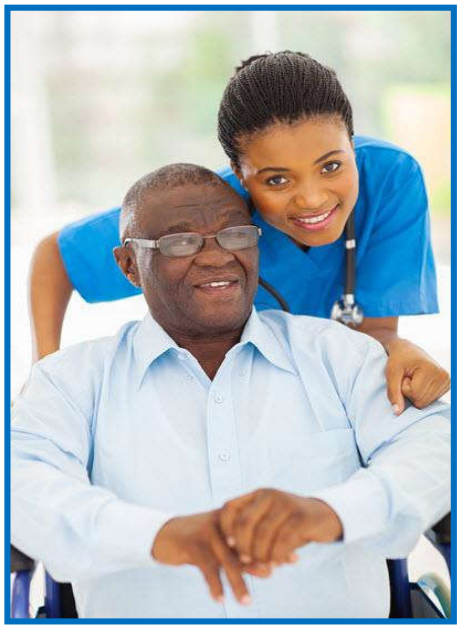
CREATING CONFIDENT CAREGIVERS®

ARE YOU CARING FOR A LOVED ONE WITH MEMORY LOSS?

Attend a 6-week virtual workshop for help!

Learn to reduce caregiving stress by:

- Understanding dementia's impact on behavior
- Establishing realistic expectation for your loved one
- Supporting your loved one's ability to engage in meaningful daily activities
- Structuring an effective caregiving environment
- Improving your confidence as a caregiver



CREATING CONFIDENT CAREGIVERS WORKSHOP VIA ZOOM

Wednesdays, January 19 – February 23, 2022 from 2:00 – 4:00 pm
OR
Mondays, April 4 – May 9, 2022 from 2:00 – 4:00 pm

To register, call Tri-County Office on Aging at 517-887-1465 or e-mail Christine at histedc@tcoa.org

Workshop is free of charge and for non-professional caregivers of individuals living at home.