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Presents...



**CREATING CONFIDENT CAREGIVERS™
SIX-WEEK CLASS WORKSHOPS**

**ARE YOU CARING FOR A
FAMILY MEMBER
WITH MEMORY LOSS?**

- Have you started to have difficulty communicating with your family member?
- Are you frustrated with his/her inability to do simple things?
- Have you noticed changes in your family member's mood or personality?
- Does your family member exhibit decreased judgement?

**IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS,
THE CREATING CONFIDENT CAREGIVERS WORKSHOP WILL HELP!**

LEARN ABOUT:

- Dementia and its effect on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiver skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

SIX-WEEK CLASS WORKSHOPS OFFERED

Tuesdays, January 30 - March 6, 2018

Tuesdays, April 17 - May 22, 2018

Tuesdays, August 14 - September 18, 2018

Otsego Memorial Hospital • Medical Professional Building

6:00 to 8:00pm

FREE RESPITE CARE OFFERED DURING CLASS

For more information and to register

Please call the Otsego County Commission on Aging at

989.732.1122

This program is supported in part by the US Administration on Aging through the Michigan Office of Services to the Aging and the Region 9 Area Agency on Aging.