



CREATING CONFIDENT CAREGIVERS

A special program for veterans and their families caring for someone with memory loss.

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

About the Program

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university tested program for family members caring for a loved one with memory loss or showing signs dementia. Three hour sessions are held once a week for four weeks, at no charge to participants. The program provides participants with information, skills and attitudes to help them effectively manage stress and increase their caregiving skills.

Free Respite Care

As part of this special grant-funded program, respite care for your family member is provided free of charge so you may attend all four sessions of the training. Lunch is also included!

What’s In It For You?

Learn about -

- Memory Loss 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

The Next Class

Join us this fall at Burnham Brook Community Center!

**September 9 - September 30 • October 21 - November 11
December 2 - December 23 • February 3 - February 24**

(The 3-hour long sessions are held once per week for four weeks) Lunch is also provided!

Call Senior Health Partners to register - 269-441-0920

Call today as class size is limited to 12!

A Joint Project Of

