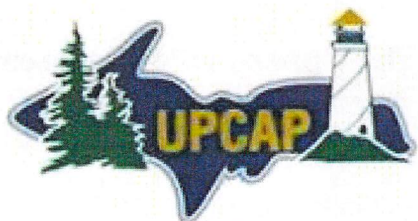# Become a Savvy Caregiver!

WORKSHOPS HELD THROUGHOUT THE UPPER PENINSULA

For More information about workshops in your area:

Call 1-800-338-7227

Dial 2-1-1 or

Visit us on the web at
www.upcap.org

UPCAP

UPCAP does not unlawfully discriminate against an individual or group because of race, religion, sex, handicap, political status, physical and parental status.

UPCAP Services, Inc.
P.O. Box 606
Escanaba, MI 49829

UPCAP

CCC
CREATING CONFIDENT CAREGIVERS ™

Caring for someone with dementia or memory Loss?

Help is only a phone call away!

"I had no understanding of the stages of the disease before participating in the workshop. This program has helped me have more confidence in the way I interact with my wife".
- Family Caregiver

Dial: 2-1-1

Caregiver Enrichment

What is Creating Confident Caregivers?

Based on the successful Savvy Caregiver Program, Creating Confident Caregivers is an evidence based dementia care training workshop designed to provide caregivers with the information and skill development needed to create a more positive caregiving experience.

What's in it for You?

Learn Strategies to:

- **Reduce caregiver stress**
- **Improve caregiver confidence**
- **Create a positive caregiving environment**
- **Plan daily activities**
- **Deal with behaviors caused by dementia and its effects on the brain**

Workshop Basics

FREE
## Creating Confident Caregiver Workshop is available to:

- Caregivers who care for someone living at home with dementia or memory loss.

- Caregivers/family members who assist the primary Caregiver.

The workshop is held two hours each week for six consecutive weeks.

There is no charge to caregivers for the workshop or any materials provided.

Respite Care

Care for your family member with memory loss may be available through a participating agency while you attend this workshop.
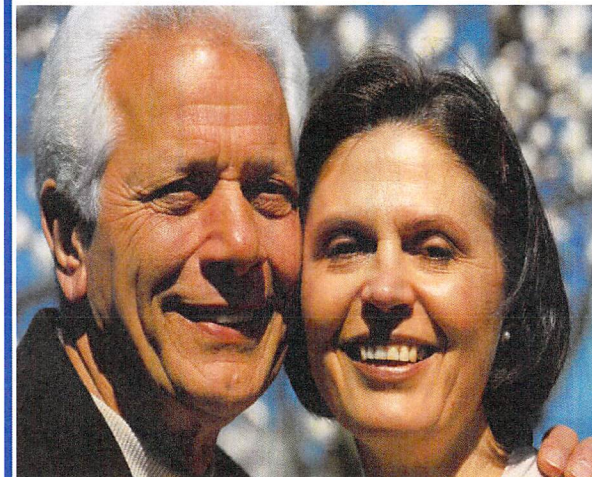
To register for a Workshop near you, please call :

The Upper Peninsula Area Agency on Aging/UPCAP

(906) 786-4701
1-800-305-8137, ext. 3021
Dial 2-1-1
Or visit us on the web