

## Creating Confident Caregivers

Are you caring for someone living at home with memory loss? Are you feeling overwhelmed and stressed from your caregiving responsibilities? If so, **Creating Confident Caregivers** or **Creating Confident Caregivers for Veteran's** may be the answer to your caregiving needs!

**Creating Confident Caregivers** is an evidence based dementia care training program for caregivers who care for someone living at home with Alzheimer's, dementia or memory loss. The workshop is designed to provide caregivers with the information, skills and attitude necessary to better manage their stress and increase their effectiveness as a caregiver.

**Creating Confident Caregivers** is a six week workshop which meets once each week for two hours. The workshop is very interactive and caregivers who attend will learn strategies to :

- Reduce Caregiver stress
- Improve Caregiver confidence
- Create a positive environment
- Plan daily activities
- Deal with difficult behaviors



CREATING CONFIDENT CAREGIVERS

## National Diabetes Prevention Program

Have you been told you have pre-diabetes, a borderline high blood sugar, or a history of gestational diabetes? Are you at risk for developing diabetes?

If so, the **National Diabetes Prevention Program (NDPP)** may be for you. **NDPP** is a 12 month lifestyle change program for people with pre-diabetes or at high risk for developing type 2 diabetes, proven to help people lose weight and prevent or delay onset of type 2 diabetes by 58%.



**For more information  
about these programs,  
contact UPCAP  
906-786-4701  
Toll Free 1-800-338-7227  
or DIAL 2-1-1**

[www.upcap.org](http://www.upcap.org)

## Health Promotion and Wellness

UPCAP offers a number of programs to keep adults active & healthy



**Call to find out more!  
906-786-4701 or DIAL 2-1-1  
[www.upcap.org](http://www.upcap.org)**

## Matter of Balance

One in 3 folks age 65 or older fall each year. Falls are the leading cause of injury death in this age group. Many people who fall, even if they are not injured, develop a fear of falling. This fear may cause them to limit their activities, which in turn increases their actual risk of falling.

**Matter of Balance** is an award winning program to teach older adults in the community how to overcome their fear of falling. Developed by Boston University and adapted by MaineHealth's Partnership for Healthy Aging, the class consists of eight 2-hour sessions and includes low-impact strength & balance exercises.

### Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns



**A MATTER OF  
BALANCE**  
MANAGING CONCERNS ABOUT FALLS

## PATH

**PATH** is the Chronic Disease Self-Management Program designed by Stanford University. It is a workshop given two and a half hours, once a week, for six weeks, in community settings. People with different chronic health problems attend together. Workshops are led by two trained leaders, one or both of whom live with chronic diseases themselves.

Subjects covered include:

- 1) Techniques to deal with problems such as frustration, fatigue, pain and isolation
- 2) Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- 3) Appropriate use of medications
- 4) Communicating effectively with family, friends, and health professionals
- 5) Nutrition
- 6) How to evaluate new treatments
- 7) Goal setting and problem solving

UPCAP also offers 2 other versions of the PATH program, the **Diabetes-PATH** and the **Chronic Pain** Self-Management program.



**MICHIGAN**  
Partners on the  
**PATH**

## Walk with Ease

### Why Walk With Ease?

Whether you need relief from arthritis pain or just want to be active, the Arthritis Foundation's Walk With Ease program can help. **Walk With Ease** is a 6-week evidence based walking program developed with tested programs in exercise Science, behavior change and Arthritis management.

**Walk With Ease** offers support, information and tools to help you make walking a regular part of your everyday life and has been proven to:

- Increase balance, strength and walking pace
- Reduce the pain and discomfort of arthritis
- Improve overall health
- Build confidence to be physically active

### Who can participate?

The **Walk With Ease** program is designed for people with arthritis— young and old, male and female, fit and not-so-fit. It is also suitable for people without arthritis who would like to begin a regular walking program to gain the benefits of regular aerobic exercise.



Arthritis Foundation  
Walk With Ease Program™



**ARTHRITIS  
FOUNDATION**  
Take Control. We Can Help.™