

DO YOU KNOW OR CARE FOR
A PERSON WITH DEMENTIA?



Free ONLINE Dementia Training Classes for Caregivers

*The Dementia Overview for
Family and Friends*

Tuesday, January 18: This class provides information about dementia as a disease, how the disease affects more than just memory, the role of confusion, as well as strategies and techniques useful for daily interaction.



*Planning Activities for Persons
with Dementia*

Tuesday, January 25: This class provides information on engaging activities and assisting individuals with dementia that promote contented involvement, as well as strategies and techniques useful for planning daily activities.

*Understanding Behavior and
Support Needs of Persons
with Dementia*

Tuesday, February 1: This class provides information on certain behaviors, potential triggers and strategies useful for caregivers, as well as techniques useful for providing daily support and identifying triggers leading to potentially challenging behaviors.

Developing Dementia Dexterity

**Tuesdays, 2:00 - 3:00 pm EST
January 18 & 25, February 1**

**Register online at
www.upcap.org**

Or call 2-1-1 for assistance

Registration ends on January 16

**A computer, tablet, or smartphone
with internet and email address
is needed to attend.**

Whether you are a seasoned dementia caregiver, family, or friend, this series will provide a better understanding of dementia and the impact it has on the person with the disease. Learn how to connect with and provide support to individuals with dementia.

HEALTH AND WELLNESS CLASSES





CANCER PATH: THRIVING & SURVIVING

Attend a free 6-week virtual workshop

Cancer PATH is an interactive workshop designed to help individuals with any kind of cancer improve their health and feel better. Whether newly diagnosed, in active treatment, or living beyond it, this program helps survivors cope with the concerns, thoughts, and health conditions that accompany having a cancer diagnosis.

Get on the PATH to better health!

Learn tools to help you:

- Deal with Difficult Emotions
- Live with Uncertainty
- Get Better Sleep
- Manage Pain and Fatigue
- Eat Healthier
- Manage Stress
- Stay Active
- Action Plan!



CANCER PATCH WORKSHOPS VIA ZOOM

Monday Afternoon Series: Jan. 17 – Feb. 21, 2022 2:00 pm - 4:30 pm
 Wednesday Evening Series: Feb. 23 – Mar. 30, 2022 5:00 pm - 7:30 pm

TO REGISTER DIAL 2-1-1 or email upcapinfo@upcap.org

livingwellprograms@r2aaa.net

PROVIDER REFERRALS can be faxed to (517)592-1975 Attn: Cancer PATH



Classes and Workshops for Caregivers



Brain Health As You Age is designed to help older adults, caregivers, or both, learn how to reduce risks that may be related to brain health. This hour-long presentation offers information about Aging and Health; Good Health and the Normal Aging Brain, Threats to Brain Health; and Healthy Aging for Your Body and Brain. Brain Health As You Age has received the review of the National Institutes of Health, Centers for Disease Control and Prevention, and has been recommended by the Administration for Community Living.

Creating Confident Caregivers is an evidence-based university tested program for family members caring for someone at home with Alzheimer's Disease, dementia, or memory loss. This six-week workshop is held once each week for two hours, and is led by a trained dementia care specialist. This program provides participants with the information, skills and strategies found helpful in managing stress and improving caregiver effectiveness.





Classes and Workshops for Caregivers



Developing Dementia Dexterity offers training for caregivers of people with dementia. The three-part series includes “The Dementia Overview for Family and Friends,” “Planning Activities for Persons With Dementia,” and “Understanding Behavior and Support Needs of Persons With Dementia. “ Each class is an hour long.

Powerful Tools For Caregivers was developed as a 6-week educational program designed to help informal family caregivers better care for themselves while caring for a relative or friend. Caregivers will benefit from the class whether they are helping a parent, spouse, or friend living at home, in long-term care or across the country.

Respite Education and Support Tools (REST) is an originally designed educational course that provides respite training to adults and teens who want to offer care to those in need and provide assistance to their caregivers. As a REST companion, you spend one-on-one time with an adult or senior, giving the gift of your time to provide a valuable service. The ultimate goal of this training course is to assist individuals to become effective companions and respite workers.



NEED HELP MANAGING DIABETES?

Attend a free 6-week virtual workshop

Diabetes PATH (Personal Action Toward Health) is an interactive workshop designed to help individuals with diabetes or pre-diabetes improve their health and feel better. Caregivers are also welcome to attend.

Get on the PATH to better health!

Learn how to:

- Eat healthy
- Create balanced meal plans
- Decrease stress
- Get physically active
- Balance your blood sugar
- Improve communication skills
- Problem solve and make decisions
- Deal with difficult emotions
- Prevent complications
- Action plan
- Improve your overall health, increase your energy, and more!



DIABETES PATH WORKSHOPS VIA ZOOM

Tuesday Afternoons January 11 – February 15, 2022 1:30 pm – 4:00 pm

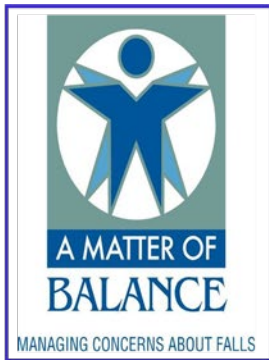
[TO REGISTER, DIAL 2-1-1 or email upcapinfo@upcap.org](mailto:upcapinfo@upcap.org)

Wednesday Afternoons January 19 – March 2, 2022 1:00 pm – 3:30 pm

[TO REGISTER, DIAL 2-1-1 or email upcapinfo@upcap.org](mailto:upcapinfo@upcap.org)

Donations are welcome. This workshop is available in part through funding from the Older American's Act and Michigan Department of Health & Human Services/Aging & Adult Services Agency





do you have **concerns** **about falling?**

Attend a Virtual Workshop for help!

Many older adults experience concerns about falling and may restrict their activities because of these fears. **MATTER OF BALANCE** is an 8-session workshop designed to improve balance, flexibility, and strength, - helping people reduce fall risks, strengthen their confidence, and become more active.

In an educational support-group style, **MATTER OF BALANCE** helps people to:

- *View falls and fear of falling as controllable*
- *Set goals for increasing activity*
- *Make changes to reduce fall risks*



Participants also learn and practice exercises to help with balance

ON-LINE MATTER OF BALANCE WORKSHOPS

Wednesday Afternoons January 5– February 2, 2022 1:00 pm – 3:00pm
[TO REGISTER, DIAL 2-1-1 or email \[upcapinfo@upcap.org\]\(mailto:upcapinfo@upcap.org\)](#)

Tuesday & Thursday Mornings February 3 – March 3, 2022 10:00 am-12:00 pm
[TO REGISTER, DIAL 2-1-1 or email \[upcapinfo@upcap.org\]\(mailto:upcapinfo@upcap.org\)](#)

Donations are welcome. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University. More information can be obtained by Maine Health.



Caregiver Programs

UPCAP's Upper Peninsula Caregiver Resource Center is currently under construction, but you can continue to find information about our caregiver programs at www.upcap.org



(click on "PROGRAMS" and select Upper Peninsula Caregiver Resource Center).

Caregiver Support

Caregiver Support Consultation (BRI Care Consultation™) is an evidence-based care-coaching program, designed by the Benjamin Rose Institute on Aging. This Care Consultation program provides one-on-one phone consultation with a trained Care Consultant who can help provide information, resources and emotional support to the caregiver. Care Consultants maintain long-term relationships with caregivers, and coach them through their changing care situations.

Virtual Caregiver Support Group meets online the second Tuesday of each month from

2–3 pm EST. Support Groups have proven to be an excellent tool for caregivers!

North of the Bridge—A Cool Place for Caregivers Blog provides helpful tips and information monthly for caregivers to read at their convenience.



For more information:

DIAL 2-1-1

or call 1-800-338-7227