



120 Grandview Blvd. ✧ Gaylord, Michigan 49735 ✧ Fax: 989.731.2739 ✧ occoa@occoaonline.org
989.732.1122 ✧ www.OtsegoCountyCOA.org



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

Wednesdays, October 20th - December 11th, 2019

NOTE: NO CLASS November 27th due to the Thanksgiving Holiday

Wednesdays, April 8th - May 13th, 2020

Wednesdays, August 5th - September 9th, 2020

Munson Healthcare 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 OCCOA 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.



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FREE Respite Care During Class
Please inquire when you register.

*Wednesdays,
April 8th - May 13th, 2020*

For more information and to register

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