



Michigan's aging network is pleased to provide two sets of workshops on dementia care, designed for specific audiences and provided by trained staff.

Creating Confident Caregivers® is an evidence-based caregiver program formerly provided in person, now available online. It is designed for active caregivers of persons with dementia who are living at home. The six-week program uses the Savvy Caregiver® manual.

Developing Dementia Dexterity is a series of three sessions designed for secondary caregivers, such as family, friends, long-distance caregivers, or formal caregivers, such as in-home aides.

Below is the current listing of these workshops. Programs are free of charge.

Creating Confident Caregivers: A 6-week on-line workshop

An interactive workshop designed for family caregivers of persons with dementia living at home. This evidence-based program provides knowledge, caregiving skills, and supports self-care for caregivers. Must be an informal caregiver to participate. Sessions meet once a week for 2 hours via Zoom. Pre-registration required.

January Programs

Mondays, January 11 - February 15, 2021

Time: 1:00 - 3:00 pm

[TO REGISTER, CLICK HERE](#) or call 989-358-4616 or email mainvilleb@nemsca.org

Tuesdays, January 12- February 16, 2021

Time: 1:30 – 3:30

Register by calling 989-633-3700

February Programs

Mondays, February 22 - April 5, 2021 (includes a brief pre-program session)

1:00 – 3:00 pm

Contact Anita at (313) 833-7080, ext. 223 to pre-register for this six-week workshop.

March Programs

Tuesdays, March 30 – May 11, 2021 (includes a brief pre-program session)

5:00 – 7:00 pm

Contact Crystal at (313)446-4444, ext. 5288 to pre-register for this six-week workshop.

Note: The above two programs are limited to 12 participants and include a pre-program session to introduce the program and the use of Zoom, the platform used.

Developing Dementia Dexterity A 3-week online workshop

This three-part series, held weekly, is designed for friends, family, and community members. This series is aimed at those who are not full-time caregivers but need information and skills. The program provides participants with dementia information, skills, and techniques to engage persons living with dementia.

January Sessions:

Fridays, January 15, 22, and 29, 2021

Time: 1:30pm – 3:00pm

To register for this Zoom class: Contact Abbie Mars at marsa@valleyaaa.org.

March Sessions

Wednesdays, March 3 - March 17, 2021

Time: 3:00 - 4:30 pm

[TO REGISTER CLICK HERE or email livingwellprograms@r2aaa.net](#)

Check back for new listings!

Agencies hosting these programs:

Detroit Area Agency on Aging

Region 2 Area Agency on Aging (Jackson, Lenawee, Hillsdale)

Valley Area Agency on Aging (Genesee, Lapeer, Shiawassee)

Senior Services, Midland County

Region 9 Area Agency on Aging