

# Michigan Area Agencies on Aging

## SPRING 2021-2022 On-Line Workshop Schedule

### Evidence-Based Programs for Caregivers:

- Creating Confident Caregivers
- Developing Dementia Dexterity
- Powerful Tools for Caregivers




## Creating Confident Caregivers: A 6-week on-line workshop using Zoom

An interactive workshop designed to help improve confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers create a positive caregiving environment, learn how to manage or redirect challenging behavior, and provide meaningful daily activities while also supporting good self-care. Sessions meet once a week for 2 hours via Zoom.

<b>Tuesday Afternoons</b>	<b>March 1 – April 5, 2022</b>	<b>5:30 pm – 7:30 pm</b>
<b><u>TO REGISTER, CLICK HERE</u> or call (989) 358-4616 or email <a href="mailto:mainvilleb@nemsca.org">mainvilleb@nemsca.org</a></b>		
<b>Monday Afternoons</b>	<b>April 4 – May 9, 2022</b>	<b>2:00 pm – 4:00 pm</b>
<b><u>TO REGISTER, CALL</u> (517) 887-1465 or email <a href="mailto:histedc@tcoa.org">histedc@tcoa.org</a></b>		
<b>Tuesday Evenings</b>	<b>April 26 – June 7, 2022</b>	<b>5:00 pm – 7:00 pm</b>
<b><u>TO REGISTER, CALL</u> (313) 446-4444 ext. 5288 or email <a href="mailto:whitecr@daaa1a.org">whitecr@daaa1a.org</a></b>		
<b>Thursday Mornings</b>	<b>May 5 – June 9, 2022</b>	<b>10:00 am – 12:00 pm</b>
<b><u>TO REGISTER, CLICK HERE</u> or call (989) 358-4616 or email <a href="mailto:mainvilleb@nemsca.org">mainvilleb@nemsca.org</a></b>		

## Developing Dementia Dexterity



## Developing Dementia Dexterity: a 3-session webinar using Zoom

A 3-part webinar designed to help improve skills and confidence for people taking care of someone at home with dementia or Alzheimer's. This program helps caregivers understand the effects of dementia on the brain, learn how to communicate and create a positive caregiving environment, understand how to manage or redirect challenging behavior, and provide meaningful daily activities. Sessions meet once a week for 1.5 hours via Zoom.

<b>Wednesday Mornings</b>	<b>April 13, 20, 27, 2022</b>	<b>11:00 am – 12:30 pm</b>
<b><u>TO REGISTER, CALL</u> (517) 592-1974 or email <a href="mailto:livingwellprograms@r2aaa.net">livingwellprograms@r2aaa.net</a></b>		
<b>Wednesday Afternoons</b>	<b>May 11, 18, &amp; 25, 2022</b>	<b>1:30 pm - 3:00 pm</b>
<b><u>TO REGISTER, CALL</u> (517) 592-1974 or email <a href="mailto:livingwellprograms@r2aaa.net">livingwellprograms@r2aaa.net</a></b>		



## **POWERFUL TOOLS for CAREGIVERS: A 6-week on-line workshop using Zoom**

Whether you are helping a parent, spouse, friend, or someone who lives at home or in a nursing home, this workshop will focus on self-care for you. This program teaches caregivers how to reduce stress, relax, make tough decisions, reduce guilt, anger, and depression, and communicate effectively with family, providers, and care staff. Sessions meet once a week for 2 hours via Zoom. Participants will need a webcam and a microphone to participate.

**Tuesday Mornings**                      **February 8 – March 15, 2022**                      **10:00 am – 12:30 pm**  
**TO REGISTER, CALL: 313-397-8227**

**Tuesday Mornings**                      **February 15 – March 22, 2022**                      **10:00 am – 12:30 pm**  
**TO REGISTER, CALL: 313-446-4444 ext.5288 or email [whitecr@daaa1a.org](mailto:whitecr@daaa1a.org)**

**Wednesday Afternoons**                      **March 16 – April 20, 2022**                      **2:00 pm – 3:30 pm**  
**TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**

**Tuesday Mornings**                      **May 3 – June 7, 2022**                      **9:30 am – 12:00 pm**  
**TO REGISTER, CALL: 313-833-7080 ext. 223 or email [a.kanakaris@stpatsrctr.org](mailto:a.kanakaris@stpatsrctr.org)**

**Tuesday Afternoons**                      **May 3 – June 7, 2022**                      **3:00 pm – 4:30 pm**  
**TO REGISTER, CLICK HERE or call (989) 358-46`6 or email [mainvilleb@nemsca.org](mailto:mainvilleb@nemsca.org)**

**Wednesday Mornings**                      **May 11 – June 15, 2022**                      **10:00 am – 11:30 am**  
**TO REGISTER, CALL (517) 887-1465 or email [histedc@tcoa.org](mailto:histedc@tcoa.org)**