



BUILD A SUPPORT SYSTEM WITH PEOPLE WHO UNDERSTAND

Caregiver Support Group and Special Caregiver Trainings at McKenzie Health System

Presented by: Alzheimer's Association Michigan Chapter

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family, and friends of persons with dementia to:

- Develop a support system.
- Exchange practical information on caregiving challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs, and concerns.
- Learn about community resources.

alzheimer's  association™

24/7 Help Line: 800-272-3900 | alz.org

Visit the **Community Resource Finder** at alz.org/crf

You're Not Alone.

Monthly Support Group

1st Friday of Every Month | 1:00 - 2:30 p.m.

McKenzie Health System - Back Dining Room
120 Delaware St., Sandusky, MI 48471

To register or for more info, call 810-648-0580



Join us before select Support Groups for Special Caregiver Trainings

December 6 12:00 - 1:00 p.m. (\$5 lunch available)

Healthy Living for Your Brain & Body Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

February 7 12:00 - 1:00 p.m. (\$5 lunch available)

Building Foundations of Caregiving Learn a person-centered approach to caregiving, how to reduce caregiver stress, and how relationships can change over time throughout the caregiving journey.

March 7 12:00 - 1:00 p.m. (\$5 lunch available)

Supporting Independence Learn how to best help the person living with dementia take part in daily activities, how to provide the right amount of support, and balance safety and independence while managing expectations.

April 4 12:00 - 1:00 p.m. (\$5 lunch available)

Communicating Effectively Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

May 2 12:00 - 1:00 p.m. (\$5 lunch available)

Responding to Dementia-Related Behaviors Learn about common behavior changes, how to use non-medical approaches to address these behaviors, and how to recognize when additional help is needed.

June 6 12:00 - 1:00 p.m. (\$5 lunch available)

Exploring Care and Support Services Learn about how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.