



ARE YOU CARING FOR SOMEONE WITH DEMENTIA?

Attend a free 6-week workshop for help!

If you are an active caregiver of a family member or friend with dementia living at home, The Savvy Caregiver Program will help you gain special skills and knowledge you will need to be successful.

In this workshop you will:

- Understand the impact of dementia on you and the person with dementia

And learn how to:

- Manage daily life
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Feel better about your caregiving situation
- Take care of you!



UPCOMING WORKSHOP

East Lansing Public Library
950 Abbot Rd. - East Lansing
Wednesdays, September 30 - November 4, 2026
1:00 - 3:00 pm

Workshop is free of charge, but donations accepted.
The person with dementia cannot live in a 24/7 care facility.
Not intended for professional caregivers.



To register, call Tri-County Office on Aging at 517-887-1465 or email histedc@tcoa.org

For a full workshop schedule visit: <https://www.tcoa.org/classes/evidence-based-programs/>

Workshops made available in whole or part with funding from the Federal Older Americans Act and MDHHS/Bureau of Aging, Community Living, and Supports through the TCOA.