

**Caregivers of Loved Ones with Dementia**  
**Register now for October class designed just for you**

Southfield, MI (September 7, 2017) – Registration for the last Creating Confident Caregivers® (CCC) training classes for the Howell area until 2018 is taking place now with classes beginning early next month.

The Area Agency on Aging 1-B (AAA 1-B) and the Alzheimer's Association - Greater Michigan Chapter want to be sure caregivers of loved ones with dementia-related diseases don't miss the opportunity to enroll in their **FREE training workshops**. The CCC program has been proven to reduce caregiver stress by empowering caregivers with useful tools and information.

Caregivers are encouraged to attend all six two-hour classes in order to complete the training. All materials, flyers and training books are provided by the AAA 1-B at no cost to the caregiver. Class size is limited to 12 participants; however, up to three members from one family can attend training together if space allows. Classes will be held once a week for six weeks at the locations listed below:

**Livingston County Catholic Charities**

**Be Our Guest Program**

*2020 East Grand River Ave., Ste. 103, Howell, MI*

**Thursdays, October 12, 19, 26 & November 2, 9 & 16**

*4:00 p.m. – 6:00 p.m.*

***Onsite respite care is available, please ask.***

The CCC program is designed to increase the knowledge, skills, and outlook of a spouse, adult child, relative or significant other caring for someone with memory loss or dementia at home. This program is supported by the MDHHS/Aging & Adult Services Agency (AASA), the Area Agency on Aging 1-B, and the Alzheimer's Association – Greater Michigan Chapter.

**To register, or for more information about the CCC training program, as well as on-site respite care, call the Area Agency on Aging 1-B at (800) 852-7795, Monday through Friday from 8 a.m. to 5 p.m.**

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**About the Area Agency on Aging 1-B**

The Area Agency on Aging 1-B is a nonprofit agency responsible for services to more than 640,000 persons aged 60 and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. Through the provision of home care and community-based services, older adults and persons with disabilities are given options that can help maintain their health and independence in their homes and communities.