



Caregiving takes many forms. You may help a friend or relative with:

- transportation
- housekeeping
- grocery shopping
- personal care
- emotional support
- doctor appointments
- social activities
- living arrangements
- financial concerns
- legal or insurance issues

If you do one or more of these, you are a caregiver. This course is for family caregivers like you.

Powerful Tools for Caregivers

Whether you provide care for a loved one at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you.

Location

Date

Time

For more information, contact:

Has caring for a loved one become stressful for you?

Powerful Tools for Caregivers



What is **Powerful Tools for Caregivers?**

Caregiving is rewarding, but let's face it: Caregiving also can be stressful — physically, emotionally and financially. **Powerful Tools for Caregivers** is a class designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Six 2½ hour class sessions held once a week are led by certified, experienced class leaders. **Powerful Tools for Caregivers** allows you time to acquire some tools to help you become more comfortable with your role as a caregiver.



“After taking this class, I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me.”

How will the “tools” benefit me?

Powerful Tools for Caregivers will help you:

- Reduce stress
- Improve self-confidence
- Balance your life
- Better communicate your feelings
- Increase ability to make tough decisions
- Learn to locate helpful resources

When you take care of yourself, everyone benefits.

Powerful Tools for *Caregivers*

REGISTRATION

Please print:

Name _____

Address _____

City _____

State/ZIP _____

Daytime Phone _____

Email _____

Registration fee: **No cost**
(Includes *The Caregiver Helpbook*)

Send registration to:

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Individuals with disabilities are invited to request reasonable accommodations to participate in North Dakota State University-sponsored events. To request one or more accommodations, please contact Jane Strommen at jane.strommen@ndsu.edu to make arrangements.

“As I look back, I realize I was on the verge of depression. I’ve learned how to retain and balance my hobbies and the joys of living while taking excellent care of my husband.”

