



Caring for a child with special health or behavioral needs changes our lives.

Do you have to:

- cope on a day-to-day basis with the stress,
- deal with increased care needs, and
- juggle communicating concerns and needs with family members, friends, school personnel and medical professionals?

If so, this course is for family caregivers like you!

Powerful Tools for Caregivers

Whether you provide care for a child with special health or behavioral needs, yours is an important role. This course is for family caregivers like you.

Location

Date

Time

For more information, contact:

Feeling stretched caring for a child with special health or behavioral needs?

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 2 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.

“Everything in this class hits it — all the things that are part of my world as a caregiver.”



“The most important concern is being taken for granted, not appreciated, not taking care of myself.”

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:

This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.

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.