



# Powerful Tools for *Caregivers*

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!

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Feeling stretched caring for loved one?

# 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 90 minute 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.

**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."**



**"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**

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## 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.

