

Powerful Tools FOR Caregivers



Caregiving is rewarding. But it can be challenging too.

Feeling stretched in your role as a caregiver? Caregiving can be stressful physically, emotionally, and financially. Whether you care for a loved one at home or in a care facility, nearby or far away, your role is important. You will learn ways to take care of yourself, reduce stress, improve your caregiving confidence, and establish balance in your life as you care for others.

Taking care of yourself is important and Powerful Tools for Caregivers can show you the way!

Powerful Tools focuses on YOUR well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, anger, and depression and improve emotional well being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources