

Powerful Tools for Caregivers is a 6-week educational series designed to help unpaid family caregivers take care of themselves while caring for a relative or family friend.

This encourages caregivers to:

- develop a wealth of self-care tools to reduce personal stress.
- communicate their needs effectively in challenging situations.
- deal with difficult emotions and make tough caregiving decisions
- benefit whether caring for a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Class size is limited, and registration is required.



**Arrowhead Area
Agency on Aging**

Powerful Tools for Caregivers



**For information about
Powerful Tools for Caregivers
contact:**

**Arrowhead Area Agency on Aging
(218) 529-7531
1-800-232-0707, ext. 531**

**www.arrowheadaging.org
Click on Powerful Tools for Caregivers**



**Arrowhead Area
Agency on Aging**

**A Class
for
Family
Caregivers of
Older Adults**



Who is the class for?

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers please). This program will help you take care of yourself while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

Your participation will make a difference!

We are interested in how the class will benefit you and other caregivers. To evaluate the program, we will ask you to complete an evaluation.

Please note that this class will NOT focus on specific diseases or hands-on caregiving for the care receiver.

What does the class cover?

This class will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

"I cannot recommend highly enough the 'Powerful Tools for Caregivers' training program... developed in Portland, Oregon, by Legacy Caregiver Services."
— Gail Sheehy, *Passage in Caregiving*

This program was developed by Legacy Caregiver Services in Portland, Oregon, and has been shown to reduce caregiver guilt, anger, and depression; improve caregiver self-care and communication skills, and increase use of community services.



"This class covered so many subjects that I find useful now and I have an important reference material I can depend on."
— Caregiver

Includes how-to-do-it book!

Each class participant will receive a book* to accompany this class content. This book contains chapters covering topics such as:

- Hiring in-home help
- Helping memory-impaired elders
- Making legal and financial decisions
- Making decisions about care facility placement
- Understanding depression
- Making decisions about driving

***Suggested donation of \$25 to help defray cost of book.**

"About the time the class began, I was about at my wits' end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"
— Caregiver