

Powerful Tools FOR Caregivers



This is an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Regardless if your loved one has a disability, is a veteran or suffering from any chronic condition this program will benefit you as their caregiver.

Powerful Tools for Caregivers participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief and end-of-life issues

Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!



What you will take away from this class:

- Managing your Emotions (reduced guilt, anger and sadness)**
- Reducing Personal Stress**
- Self-care behaviors (increased exercise, relaxation and medical check-ups)**
- Effective Communication**
- Self-efficacy (increased confidence in coping with caregiving demands)**

Taking Care of You

Mondays

**September 23, 30,
October 7, 14, 21 and 28,
2024**

1:00 – 2:30pm

Area Agency on Aging

Virtual Workshop

**For Questions or to Register
contact Maureen at:**

561-214-8622