

# 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**

**Tuesdays**

**May 21, 28, June 7, 11, 18 and 25, 2024**

**10:00 – 11:30am**

**Area Agency on Aging**

**Virtual Workshop**

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

**561-214-8622**