

## Who is the class for?

Powerful Tools for Caregivers is an educational program designed to help family caregivers. This program will help you take care of yourself while caring for a 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.

## 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

Contact Region 9 Area Agency on Aging for more information on Powerful Tools for Caregivers and other Evidence-Based Disease Prevention Workshops throughout Northeast Michigan.



Region 9 Area Agency  
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# Powerful Tools for Caregivers

## A class for Family Caregivers

This program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

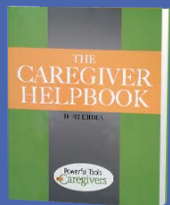


## Your participation will make a difference!

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.

Each class participant will receive a lender book to accompany the 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



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

## Powerful Tools for Caregivers Can Help

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidence-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants will learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment.

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

*Caregiver*

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

**Six-week series;  
2.5 hours each  
week**

*"About the time the class began, I was about at my wit's 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*