

Caregiver Helpbook

Each participant will receive a book to accompany the class content. This book contains 15 chapters including:

- 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
- Using community services



"It was a very beneficial class that helped answer many questions. It has made my life so much easier, it was excellent!"

Cost of the class is \$20 and includes the Caregiver Helpbook, materials and refreshments. Scholarships and respite care may be available to attend the class.

For more information or to register for a class, contact the Aging & Disability Resource Center of Eau Claire County at (715) 839-4735 or 888-338-4636.

Sponsors:



Taking Care of YOU....



*An Educational
Program for Family
Caregivers*

What is Powerful Tools for Caregivers?

Caregiving is rewarding, but let's face it - caregiving also can be stressful - physically, emotionally and financially. Powerful Tools for Caregivers is a class designed to provide you, the family caregiver, with the skills you need to take care of yourself.

Six two-and-a-half hour class sessions held once a week are led by certified, experienced class leaders. Powerful Tools for Caregivers allows you time to acquire some tools to help you become more comfortable with your role as a caregiver.

After taking this class, I am a more confident caregiver! I hope you will continue this program for other caregivers."



Benefits and Outcomes

By attending the **Powerful Tools for Caregivers** class, you will learn how to:

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate your needs to family members and service providers
- Communicate effectively in challenging situations
- Deal with difficult feelings such as guilt, anger and frustration
- Learn about community resources
- Take better care of your family member
- Take better care of yourself
- Set goals and solve problems

Who is the Program for?

A variety of caregivers:

- Spouses
- Friends
- In-laws
- Adult children
- Parents who have adult children with disabilities

In a variety of caregiving situations:

- In-home
- Caring for someone in a facility
- Caring from long-distance

If you fall into one of these categories, the **Powerful Tools for Caregivers** class could prove a valuable resource by benefiting both you and the person you care for.

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