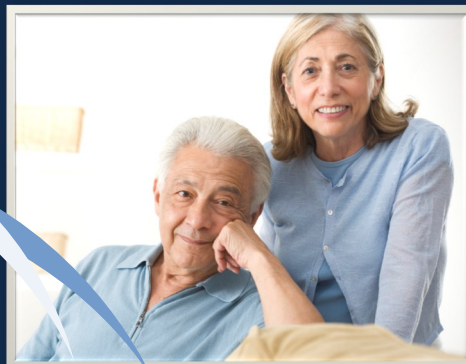


POWERFUL Tools for Caregivers



Educational Program for Family Caregivers



If you provide assistance to someone who is ill, disabled, or needs help with daily activities, you are a caregiver. Caregiving is often rewarding, but can be very stressful. As a family caregiver, you are at high risk of depression and stress-related illnesses.

This program is intended to give you the skills you need to take better care of yourself and feel more confident in the care you provide. Participants range in age and include spouses caring for husbands or wives, adult children caring for parents, and friends who help care for neighbors.

Topics include:

- The importance of self-care
- Identifying and reducing personal stress
- Communicating feelings, needs and concerns
- How to approach tough caregiving decisions
- Strategies to reduce guilt, anger, and depression
- Relaxation techniques and setting goals

Registration:
Call the Aging &
Disability Resource
Center of Eau Claire
County by Friday, May 4.

715) 839-4735 or
888-338-4636.

WHEN:
Wednesdays
May 9, 16, & 23, 2012

WHERE:
Dove Healthcare - West
Conference Rm. 3rd Flr.
1405 Truax Blvd.
Eau Claire, WI 54703

TIME:
1:00—4:00 pm
(refreshments provided)

COST:
\$20 - includes
The Caregiver Helpbook
and materials

Sponsored by:

