

# Powerful Tools for Caregivers



## Program Overview

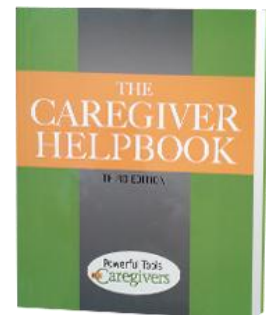
Powerful Tools for Caregivers is an educational program designed to help family caregivers take care of themselves while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country. The program will help you reduce stress, communicate more effectively, take care of yourself, reduce guilt, anger and depression, help you relax, make tough decisions and much more.

Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face. The six week scripted curriculum has been shown to improve:

Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)

- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of local services)

The Powerful Tools for Caregivers program is an evidence-based education program offering a unique combination of elements. The scripted curriculum and the intricately detailed training material, have guaranteed its consistency and quality.



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

*“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, and healthier me... and a healthier us!”*

**To learn more contact:**

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