

What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a class series that supports caregivers in taking care of themselves while caring for others. By taking care of your own health and well-being, you become a better caregiver.

Six classes held once a week are led by experienced class leaders. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional caregiver resources.



Brought to you by...



Call Elder Services at (413) 499-0524 to register today.



www.powerfultoolsforcaregivers.org

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Caregiving can be a challenge, but it's easier when you're prepared.



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

Are you a caregiver?

Caregiving takes many forms. You may help a relative or friend with:

- transportation
- housekeeping
- grocery shopping
- personal care
- medications
- emotional support
- doctor appointments
- social activities
- living arrangements
- financial concerns
- legal or insurance issues

Whether you provide care for a spouse, partner, parent, or friend, at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for caregivers like you!

The class will give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Communicate in challenging situations
- Make tough decisions
- Locate helpful resources



***When you take care of yourself,
everyone benefits.***

Powerful Tools **FOR** Caregivers

***Powerful Tools for Caregivers
Tuesdays 1pm-2:30pm for
6 Weeks March 7-April 11***

- **Powerful Tools for Caregivers is provided free of charge but registration is required.**
- **This is an online class. Space is limited.**
- **Call Elder Services at (413) 499-0524 to register today.**

“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, healthier me...and a healthier ‘us!’” - PTC Class Participant