

Powerful Tools for Caregivers:

What is it?

An educational program for friends and relatives acting as caregivers for an adult with a chronic medical condition.

What does it involve?

Six weekly 2½ hour or 90 minute interactive training sessions taught by certified Class Leaders.

What will you as a caregiver gain?

Tools and self-care skills which will help you take better care of yourself and enable you to continue being an effective caregiver.



BENEFITS & OUTCOMES

By attending the six-week *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
- Deal with difficult feelings and challenging situations
- Learn about community resources
- Take better care of your family member
- Take better care of yourself

WHO is this program for?

A variety of caregivers:

- Spouses
- Friends
- In-laws
- Adult children
- Other relatives

In a variety of caregiving situations:

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

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

See back panel for more information on class offerings in your area.



PROGRAM DETAILS

Dates:

Location:

Registration Fee:

Today roughly 22 million American households care for an adult with a chronic medical condition.

Caring for someone can be physically, emotionally and financially draining.

Caregivers can learn to care for themselves while caring for another person, which in turn benefits both individuals.

Powerful Tools for Caregivers is a program proven to produce results which can help.

Powerful Tools for Caregivers program
created by:

Legacy Caregiver Services

If you are interested in learning more about the *Powerful Tools for Caregivers* program, please contact:

Program coordinated in Montana through:



Family and Human Development Program
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MSU Extension is an ADA/EO/AA/Veteran's Preference
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POWERFUL TOOLS *for* Caregivers

An Educational
Program for
Family Caregivers

