

WHO IS THE CLASS FOR?

Powerful Tools for Caregivers is an educational program designed to help family caregivers of all ages—no “professional” caregivers, please. This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country.

WHAT DOES THE CLASS COVER?

This class will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid services
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Your participation will make a difference for you AND your loved ones!

(Please note that this class will NOT focus on specific diseases or hands-on caregiving for the care receiver.)

We are interested in how the class will benefit you and other caregivers. To assess the program, we will ask you to complete an evaluation.



REGISTRATION INFORMATION

Registration is requested by February 26, 2020.

- Call the High Country Area Agency on Aging at 828-265-5434 x 113
- Or email achapman@hccog.org

HOW CAN THE CLASS HELP ME?

This program was developed in Portland, Oregon, and has been shown to improve:

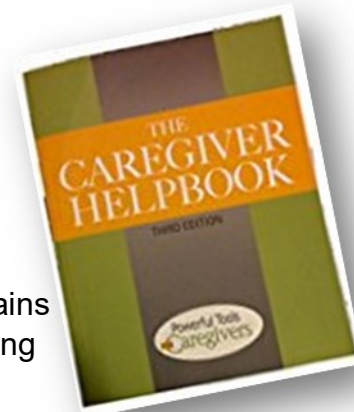
- Self-Care Behaviors;
- Management of Emotions: (reduced guilt, anger, and depression);
- Self-efficacy (increased confidence in coping with caregiving demands); and
- Use of Community Resources.

"This class covered so many subjects that I find useful now and I have an important reference material I can depend on."

Caregiver

INCLUDES HOW-TO-DO-IT BOOK!

Each class participant will receive **The Caregiver Helpbook** to accompany the class content.



This book contains chapters covering topics such as:

- 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

"About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"

Caregiver