



## Powerful Tools FOR Caregivers



### **Take care of yourself so you can take care of a loved one.**

If you are caring for a loved one and seeking ways to manage your life while being a caregiver, please attend the Powerful Tools for Caregivers workshop class.

In the **Powerful Tools For Caregivers** class, caregivers develop a wealth of self-care tools. In the six 90-minute classes, caregivers learn to:

- Reduce personal stress
- Change negative self-talk
- Communicate their needs to family members and healthcare service providers
- Communicate more effectively in challenging situations
- Recognize the messages in their emotions and deal with difficult feelings
- Plus make tough caregiving decisions (replacement, driving issues, or finances)

**\*\*\*Tablets are available to loan if you do not have access to an ipad or desktop.**

#### **Who Should Attend?**

The 6-week PTC class has been shown to have a positive impact on caregiver health for a diverse group of caregivers including:

- Spouses/Partners
- Diverse Ethnic Communities
- Adult Children Of Aging Parents
- Caregivers In Both Rural And Urban Communities

#### **Powerful Tools for Caregivers significantly improves:**

- Self-care Behaviors (increased exercise, use of relaxation techniques and medical check-ups)
- Management of emotions (reduced guilt, anger, and depression)
- Self-efficacy (increased confidence in coping with caregiver demands)
- Use of community resources (increased utilization of community services)

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