

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers is a 6-week educational program designed to help family caregivers take care of themselves while caring for a loved one. The Powerful Tools for Caregivers program will provide you with tools and strategies to better handle the unique caregiver challenges you face.

CLASS OUTLINE:

Class #1: Taking Care of You

Class #2: Identifying and Reducing Personal Stress

Class #3: Communicating Feelings, Needs, and Concerns

Class #4: Communicating in Challenging Situations

Class #5: Learning From Our Emotions

Class #6: Mastering Caregiving Decisions

Highlights of the Classes:

- ◆ Help you reduce stress
- ◆ Communicate your needs with other family members and healthcare/service providers
- ◆ Communicate effectively in challenging situations and make tough caregiving decisions
- ◆ Recognize messages in your emotions and deal with difficult feelings
- ◆ Reduce guilt, anger, and depression
- ◆ Help you relax
- ◆ Set goals and problem-solve
- ◆ Take care of yourself

El Dorado Hills Senior Center

LOCATION: *El Dorado Hills Senior Center*
900 Lassen Lane
El Dorado Hills, CA 95762

DATES: Fridays: February 24, March 3, 10, 17, 24, and 31

TIME: 2:00 p.m. - 3:30 p.m.

Suggested donation to cover cost of book: \$25.00

***Class size is limited and registration is required**

** Attendance at all 6 classes is required. Certificates will be presented at last class

*Light refreshments will be provided.

For more information or to **REGISTER** please contact El Dorado County Senior Health Education Program or Family Caregiver Support Program at: 530-621-6192

RESPIRE may be available to qualified caregivers: Pre-Authorization is required for Respite Services

Contact 530-621-6151 or 530-621-6192 to arrange assistance.