

Powerful Tools For the Caregiver is a program that 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)

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



***Senior Health Education Program
and Family Caregiver Support Program
937 Spring Street, Placerville. CA 95667
530-621-6192***

For more information on upcoming classes,
please contact El Dorado County:
Senior Health Education Program
Family Caregiver Support Program:
530-621-6151 or 530-621-6192

**EL DORADO COUNTY
SENIOR HEALTH EDUCATION**

***Powerful Tools
for
Caregivers***

***A class for family
caregivers***



*“You guys are the BEST! Your
“Tools” class changed my LIFE!”*
~ Dennis, Caregiver

*“Thank you for a wonderful and
helpful six week class.”*

~ Caregiver

WHO IS THIS CLASS FOR?

Powerful Tools for Caregivers

is an educational program designed to help family caregivers. 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.



"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"!"

~ Peggy, Caregiver

(Mother has Alzheimer's disease)

INCLUDES HOW-TO-DO IT BOOK

Each Class participant will receive a book to accompany the class content. This book contains chapters covering topics such as:

Hiring in-home help

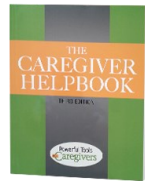
Helping memory-impaired

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

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

WHAT DOES THIS CLASS COVER?

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

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

Your participation will make a difference!



"I felt lost in being an effective communicator to ask for ways to best care for my mother. The classes gave me the courage to attempt another family meeting. The classes were a 10!"

~ Caregiver