

Do you help care for a parent, spouse, friend, or someone that lives at home?
Could you use some “tools” to help you take better care of yourself?



Tools for Caregivers



“Powerful Tools for Caregivers” is a program designed to help family caregivers like you. Classes meet 90 minutes once a week for six weeks. The class will give you tools to:

- 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

Participants will receive a FREE “How-To” book that contains chapters covering topics such as: hiring in-home help, helping those with memory issues, making legal and financial decisions, understanding depression, etc.

Locally, the Area Agency on Aging District 7 is happy to sponsor a Powerful Tools for Caregivers class at a location near you.

For more information about joining an upcoming class or scheduling a class, call:

1-800-582-7277, extension 215

or e-mail vwoyan@aaa7.org or info@aaa7.org