



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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**Free Workshop for Caregivers of Children with Special
Health and Behavioral Needs Available
in Vinton County to the Community**

Live in Vinton County or surrounding communities? Are you a caregiver of a child with special health and behavioral needs looking for some educational tools to help you in your caregiving role?

“Powerful Tools for Caregivers” is a free educational series presented by the Area Agency on Aging District 7 (AAA7) that is designed to provide you with the tools to take care of yourself while caring for a relative or friend. It is available to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources. This special series will focus on the caregiving role for those who are helping with children living with special health and behavioral needs.

Classes consist of six sessions held once a week. Two experienced class leaders conduct the classes and provide interactive lessons, discussions, and brainstorming to help caregivers take the tools presented and place them in action. Attendees will receive a free book, “*The Caregiver Helpbook*,” developed specifically for the class that covers topics such as hiring in-home help, understanding community resources, making legal and financial decisions and understanding depression.

“Powerful Tools for Caregivers” will give you the 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

Pre-registration for “Powerful Tools for Caregivers” is required by calling the Area Agency on Aging District 7 toll-free at 1-800-582-7277, extension 22247 or 22284 or e-mail info@aaa7.org. Please register by September 12th. The classes will be held in Vinton County on Thursdays from

September 19th through October 24th. Classes will be held at Sojourners, located at 31860 Claypool Hollow Road in McArthur.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a trained staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home consultation at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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