Do you struggle with taking care of a loved one?

Powerful Tools for Caregivers

The class meets once/week from Nov. 2 - Dec. 7 2020 2-3:30 pm
Week 1: Taking Care of You
Week 2: Identifying and Reducing Stress
Week 3: Communicating Feelings, Needs, and Concerns
Week 4: Communicating in Challenging Situations
Week 5: Learning from our Emotions
Week 6: Mastering Caregiving Decisions

“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’!”
— Caregiver

This 6-week program will help you take care of yourself while caring for a relative or friend (no professional caregivers, please). You will benefit from the workshop whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Please note that this workshop will not focus on specific diseases or hands-on caregiving for the care receiver.

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

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

The workshop covers the following topics:

• Hiring in-home help
• Understanding depression
• Helping memory-impaired elders
• Making decisions about driving
• Making legal and financial decisions
• Making decisions about care facility placement

Upcoming Workshop
Online Zoom Workshop
Mondays Nov. 2—Dec. 7 2020 2-3:30pm (EST)

To register go to:
https://events.anr.msu.edu/PTCOlineNov2020/

Instructors:
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