

Do you struggle with taking care of a loved one?

Powerful Tools FOR Caregivers

The class meets once a week

On Wednesdays, from

May 5—June 9, 2021

2 - 3:30 p.m.

**This class is a series please
plan on attending all sessions**

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*



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Photo by shadowlessPhoenix on Pixabay

Powerful Tools for Caregivers

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

Wednesdays, May 5 — June 9, 2021 2-3:30pm (EST)

To register go to:

<https://events.anr.msu.edu/PTOnlineMayJunJKT/>

Instructors:

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