

***Powerful Tools for Caregivers*** is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

### ***What does the class cover?***



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

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

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

### ***Your participation will make a difference!***

We are interested in how the class will benefit you and other caregivers. To evaluate the program, we will ask you to complete an evaluation.

### ***Respite Care***

Respite care can be made available by contacting your local Family Caregiver Program Coordinator.



### ***History of Program***

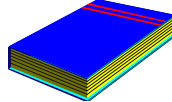
This program was developed by Legacy Caregiver Services in Portland, OR and has been shown to:

- reduce caregiver guilt, anger and depression
- improve caregiver self-care and communication skills
- increase community service use.

### ***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                  | Making decisions about care facility placement |
| Helping memory-impaired elders       | Understanding depression                       |
| Making legal and financial decisions | 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!”***

**Check the O3A calendar of events for classes in your area or call your local office.  
Clallam & Jefferson Counties 866-450-3152 Grays Harbor & Pacific Counties 866-582-1485**