



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

WHEN: Wednesdays (6 weeks)
January 13th thru
February 16th
2021

TIME: 9:30am –11am

COST: FREE

Registration:

Please contact the Aging & Disability Resource Center of Eau Claire County at [715-839-4735](tel:715-839-4735) or online at www.adrcevents.org.

THIS IS AN ONLINE WORKSHOP.

Participants will need a computer or tablet with Microphone & Audio and have Internet access.

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources