



Powerful Tools FOR Caregivers



We know that taking care of someone can be hard – even someone you love. *Because finding support is so important, we'll help you find a way to attend the workshop:*

I can't leave my loved one alone. *We understand, and will try to arrange a service that can either come to your home or provide day services for you loved one while you attend the classes.*

I don't have time to attend a class. *It can be hard to make time for the workshop, but the skills you learn and information you receive can save you time and frustration in the long run. Participants tell us that the time spent learning from and talking with others with similar experiences is invaluable.*

**If interested, please call
Valeree Lecey or Cathy B. at
(262) 284-8120**

- We can arrange a ride for you.
- Respite care is available
- Questions?

Contact us. We'll try to solve other challenges so that you can join us.

Powerful Tools FOR Caregivers



A six-week program that helps caregivers better care for themselves – and their loved ones!

Sept, 29 – Nov. 3, 2016

**(Classes meet once a week on
Thursdays)**

6:00 PM to 7:30 PM

**Administration Center,
Room 313**

**121 W. Main Street
Port Washington, WI**



What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter. This program will help you cope with the challenges that come with your role as caregiver.



The workshop will give you tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with your care receiver, family members, doctors, and paid helpers

Cost: The cost of the workshop is \$20.00.

When you register, you will receive "The Caregiver Helpbook," which provides information on how to:

- Recognize a change in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders



Is Powerful Tools for you?

Are you a caregiver? You are, if you:

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility

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