

Build skills to better care for yourself while caring for a loved one. Learn the powerful tools that help you communicate better, cope with stress, and confidently manage your unique challenges.

Our participants say:

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a happier, wiser, and healthier me ... and a healthier us!”



Workshops are available for both parents focusing on the care of a child with special needs or those providing support for an adult loved one.

Proven support

The workshop curriculum was developed over three years of testing in Portland, Oregon to meet the highest-level criteria of evidence-based disease prevention and health promotion programs. Powerful Tools for Caregivers received a 2007 National Family Caregiving Award.

Workshops are led by certified, experienced class leaders and are coordinated by the Wellness Institute at select sites and via virtual Zoom classrooms.



**Powerful Tools for Caregivers,
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Face the Challenges of Caregiving with the **Right Tools**



Powerful Tools
FOR Caregivers

Powerful Tools FOR Caregivers

In just six weeks, you will develop self-care tools to keep you well while you take on what can feel like an overwhelming role. Action-planning and solution-seeking throughout helps you apply new tools. Workshops focus on either caring for an adult or child.

Week 1

- Introductions and course overview
- Challenges of caregiving
- Managing self-care: Principles
- Using community resources

Week 2

- Signs and sources of caregiver stress
- Managing caregiver stress
- Taking action: stress reducers
- Using positive self-talk
- Breathing for relaxation

Week 3

- Good communication: How to best express yourself
- “I” messages and hidden “You” messages
- Progressive muscle relaxation

Week 4

- Communicating in challenging situations
- Being assertive, not aggressive
- Assertive communication: DESC model (Describe, Express, Specify, Consequences)
- Aikido style: active listening, empathy, non-judgement, and perspective taking

Week 5

- Listening to, learning from, and managing your emotions
- Difficult emotions: anger, guilt, and depression
- Guided imagery relaxation

Week 6

- Mastering caregiver decisions
- Transition: understanding the internal emotional process caregivers go through
- The power of optimism
- The importance of a family meeting

Caregiving takes many forms. You may help a family-member or friend with:

Transportation
Housekeeping
Grocery Shopping
Personal Care

Medications
Emotional Support
Medical Appointments
Social Activities

Living Arrangements
Financial Concerns
Legal or Insurance Issues
Schooling Concerns

Research shows Powerful Tools for Caregivers helps participants:

Improve Self-care

Find more time for exercise, relaxation, and medical check-ups

Manage Emotions

Reduce guilt, anger, and depression; cope with stress; and better communicate your feelings

Build Self-Confidence

Feel more confidence in coping with caregiving demands

Find Helpful Resources

Discover and use supports available in your community



Join a free workshop in person or from home in a Zoom virtual classroom.

Call for details: 204-632-3927