



**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 with notice, we can arrange respite care for you to attend

**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.

**I don't have a ride.** We can arrange a ride for you. Call: ADRC @ (920) 674 - 8734

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



## Workshop Information

Six week workshops occur throughout the year at various Jefferson County locations. The Next workshop takes place:

**Rainbow Hospice  
Community Room**

Fridays,  
October 17 – Nov 21  
1:00 – 3:30 pm

For information regarding this workshop  
or to schedule/attend  
Call the

Community Health Education  
Coordinator

(262) 470 - 8984

PHS\_lclay@aim.com

or

(920) 674 - 8734

adrc@jeffersoncountywi.gov



A six-week program that helps Caregivers better care for their loved one – and themselves





## 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:** \$30 book deposit for the

**"The Caregiver Helpbook,"** which provides information on how to:

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

Donations for the six class workshop are always welcome.



## 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

Powerful Tools  
FOR Caregivers