



I don't think of myself as a caregiver.

I'm her husband. She needs me. And because she 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!

Date: November 23, 2021- December 28th2021. Classes will be held every Tuesday for 6 consecutive weeks.

Time: 1:00-2:30 p.m.

Registration: Please contact the ADRC of Eagle Country Juneau County Office to register at 608-847-9371. This class is free and open to the communities of Crawford, Juneau and Richland Counties. Registration is required.

Classes will be held virtually. A session "0" will be offered on November 16th from 1:00-2:30 to allow users to become familiar with the virtual platform ZOOM.

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