

Do you struggle with taking care of a loved one?

Powerful Tools FOR Caregivers

The class meets once a week

On Wednesdays, from

Jan. 13 - Feb. 17, 2021

2 - 3:30 p.m.

Week 1: Taking Care of You

Week 2: Identifying and
Reducing Stress

Week 3: Communicating
Feelings, Needs,
and Concerns

Week 4: Communicating in
Challenging Situations

Week 5: Learning from our
Emotions

Week 6: Mastering Caregiving
Decisions

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



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Powerful Tools for Caregivers

This **6-week program** will help you take care of yourself while caring for a relative or friend (no professional caregivers, please). You will benefit from the workshop whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Please note that this workshop will not focus on specific diseases or hands-on caregiving for the care receiver.

This workshop will give YOU, the family caregiver, tools to:

- » Help you reduce stress
- » Communicate effectively with other family members, your doctor, paid help
- » Take care of yourself
- » Reduce guilt, anger, and depression
- » Help you relax
- » Make tough decisions
- » Set goals and problem-solve

The workshop covers the following topics:

- Hiring in-home help
- Understanding depression
- Helping memory-impaired elders
- Making decisions about driving
- Making legal and financial decisions
- Making decisions about care facility placement

Upcoming Workshop

Online Zoom Workshop

Wednesdays, January 13 — Feb. 17, 2021 2-3:30pm (EST)

To register go to:

<https://events.anr.msu.edu/OnlinePTCJANFEB2021TKJ/>

Instructors:

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