

## Powerful Tools for Caregivers

### What is it?

An educational program for friends and relatives acting as caregivers for an adult with a chronic medical condition.

### What does it involve?

Six weekly 90-minute or 2½-hour interactive training sessions taught by certified Class Leaders.

### What will you as a caregiver gain?

Tools and self-care skills which will help you take better care of yourself and enable you to continue being an effective caregiver.



## Benefits and Outcomes

By attending the six-week *Powerful Tools for Caregivers* class, you will learn how to:

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate your needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Learn about community resources
- Take better care of your family member
- Take better care of yourself

## Who is this Program for?

A variety of caregivers:

- Spouses
- Friends
- In-laws
- Adult children
- Other relatives

In a variety of caregiving situations:

- In-home care
- Caring for someone in a residential care facility
- Caring from long-distance

If you fall into one of these categories, the *Powerful Tools for Caregivers* program could prove a valuable resource by benefiting both you and the person you care for.

See back panel for more information on class offerings in your area.



If you are interested in learning more about the *Powerful Tools for Caregivers* program in your area, please contact:

Today, roughly 22 million American households care for an adult with a chronic medical condition.

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Caring for someone can be physically, emotionally and financially draining.

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Caregivers can learn to care for themselves while caring for another person, which in turn benefits both individuals.

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*Powerful Tools for Caregivers* is a program proven to produce results which can help.

The Montana State University Extension *Powerful Tools for Caregivers* program is licensed through the national *Powerful Tools for Caregivers* program:  
<http://www.powerfultoolsforcaregivers.org/>



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# POWERFUL TOOLS *for* Caregivers

An Educational  
Program for  
Family Caregivers

