

## Today, in Montana...



There are approximately 118,000 caregivers, providing 110 million hours of unpaid labor.



There are approximately 21,000 children who receive services through early intervention, special education, or are considered a child with a special health care need.



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



Caregivers can learn to care for themselves, which benefits everyone.



*Powerful Tools for Caregivers* is a program proven to produce helpful results.

To learn more about *Powerful Tools for Caregivers* in your community, contact:

***Powerful Tools for Caregivers* is coordinated in Montana by:**

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**montanaptc.org**

*The MSU Extension Powerful Tools for Caregivers program is licensed through the national PTC organization; [powerfultoolsforcaregivers.org](http://powerfultoolsforcaregivers.org).*



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# POWERFUL TOOLS for Caregivers



## An Educational Program for Family Caregivers





## What is Powerful Tools for Caregivers?

*Powerful Tools for Caregivers* is an educational program for family and friends acting as caregivers for anyone with a chronic medical condition, special healthcare need, or a disability.

### What does it involve?

Caregivers of adults will attend six weekly 90-minute or 2 1/2-hour interactive sessions taught by certified class leaders. Caregivers of children will attend six weekly 2-hour sessions.

### What will the 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.

# Are you caring for a loved one? Let us help you care for YOU!

## Attendees of the six-week *Powerful Tools for Caregivers* program will learn how to...

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Find and utilize community resources
- Take better care of the care receiver
- Take better care of YOU!

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## Who is this program for?

### A variety of caregivers...

- Spouses
- Parents
- Grandparents raising grandchildren
- 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 for a child or grandchild with a disability
- Caring from long distance