

This program has been shown to:

- reduce caregiver guilt, anger and depression;
- improve caregiver self-care
- improve communication skills, and
- increase use of community resources

The biggest change that I have made is that I am not as stressed out as I was before we started the class. I no longer feel guilty about taking time for myself. I've become more free and am a happier person. I think I am a better person today because I can also focus on my kids, husband and having fun.

Caregiver

If you are an organization with an interest in supporting Powerful Tools for Caregivers classes and would like to become a “community sponsor”, please call the Larimer County Office on Aging at 498-7758.

Powerful Tools for Caregivers

A class for family caregivers



“This class covered so many subjects that I find useful now and the reference material offered is a valuable resource I can depend on.”

Caregiver

Powerful Tools for Caregivers

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!"

Peggy, Caregiver
(Mother has Alzheimer's disease)

What does the class cover?

This class will give **YOU**, the family caregiver, tools to:

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

Please note that this class will **NOT** focus on specific diseases or hands-on caregiving for the care receiver.

Who is the class for?

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.

When & Where are classes held?

This class series meets once a week for six weeks. Several classes are offered throughout Larimer County.

Is there a cost involved?

Powerful Tools for Caregivers is sponsored by several community organizations and is offered at no cost. You will receive a book, *The Caregiver Helpbook*, developed specifically for the class. The book contains chapters covering topics such as:

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

For available times and locations, please contact:

**Office on Aging at
970-498-7758**

or

LCOA.networkofcare.org

Listed under Community Announcements

Please note: Class size is limited and registration is required.

For more information

If you have questions about caregiving resources, support or respite care, please call:

Lynette McGowan
Caregiver Support Coordinator
Larimer County Office on Aging
970-498-7758

"About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"

Caregiver