



I don't think of myself as a caregiver.

I'm his daughter. He needs me. And because he 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!

When: Tuesdays mornings (six weeks)

October 20 - November 24, 2020

Time: 10:00 am – 12 noon

Leaders: Cori Marsh & Teena Monk-Gerber

**Suggested Donation: \$10
(scholarships available)**

To register contact the Rock County Council on Aging at: 608-757-5309

Registration is required by October 13.

**This is an ONLINE workshop!
Participants will need a tablet or computer with mic/audio and have internet access.**

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

