



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: February 16 – March 23, 2021, six Tuesday mornings, 10 am – 12 pm

This is an ONLINE workshop!

Participants will need a tablet or computer with mic/audio and have internet access.

Leaders: Teena Monk-Gerber & Nancy Thacker of Alzheimer's & Dementia Alliance of Rock/Green, Adams/ Juneau Counties.

To register: contact the Rock County Council on Aging at: 608-757-5309 or email: Lisa.Messer@co.rock.wi.us
Registration is required by February 9.

Suggested Donation: \$15 for those ages 60+. Caregivers under age 60 = \$25 fee.
(Scholarships may be available!)

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