

This program has been shown to: reduce caregiver guilt, anger and depression; improve caregiver self-care and communication skills, and increase community service use.

Community Sponsors:

Larimer County Office on Aging  
Aging Center of the Rockies  
CSU Larimer County Extension  
Eldercare Network of Larimer County  
Kid Gloves  
PVHS Senior Services/ Aspen Club  
Home Instead Senior Care  
Collinwood  
Volunteers of America

In addition:

Weld County Area Agency on Aging  
Pikes Peak Area Agency on Aging

# 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)

## 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.

## 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.

## Is there a cost involved?

Powerful Tools for Caregivers is sponsored by several community organizations and is offered free of charge. There is a book that accompanies the class content available for \$25.00. 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

## When & Where are classes held?

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

**Please note: Class size is limited.**

**Registration is required no later than one week prior to start of class**

for available times and locations

**PLEASE CONTACT:**

OR GO TO:  
eldercarenet.org

## Your participation will make a difference!

We are interested in how the class will benefit you and other caregivers. To evaluate the program, we will ask you to complete an evaluation.

## 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