

# Powerful Tools for Caregivers

Meets the U.S. HHS Administration on Aging criteria for high-level evidence-based programs

PROGRAM	HEALTH FOCUS   INCIDENCE & COST   REACH IN WISCONSIN	PROVEN OUTCOMES
<p><b>Powerful Tools for Caregivers</b> is a six-week (once-a-week) workshop that improves self-care behaviors, manage feelings and emotions related to caregiving, increase confidence in coping with caregiving demands, and increase the use of local services. The program has an adaptation — <b>Powerful Tools for Caregivers: For Parents of Children with Special Needs</b>.</p> <p><b>Based on:</b> Chronic Disease Self-Management Program developed by Kate Lorig, DPH, Stanford University.</p>	<p><b>Focus: Family Caregiver Support</b></p> <p><b>Incidence and Cost:</b></p> <ul style="list-style-type: none"> <li>◆ About 34.2 million Americans have provided unpaid care to an adult age 50 or older in the last 12 months. <i>(National Alliance for Caregiving and AARP)</i></li> <li>◆ The estimated economic value of unpaid caregiving in the U.S. was \$470 billion in 2013. <i>(AARP Public Policy Institute)</i></li> <li>◆ Caregiver absenteeism costs the U.S. economy an estimated \$25.2 billion in lost productivity. <i>(Gallup-Healthways)</i></li> <li>◆ Caregivers report having difficulty finding time for themselves (35%), managing emotional and physical stress (29%), and balancing work and family responsibilities (29%). <i>(National Alliance for Caregiving and AARP)</i></li> </ul> <p><b>Reach in Wisconsin through 7/2018</b> <i>(instituted at WIHA in 2013)</i></p> <ul style="list-style-type: none"> <li>◆ 1,685 participants in workshops</li> <li>◆ 342 workshops held statewide</li> <li>◆ 59 counties and 2 tribes have held workshops</li> </ul>	<p><b>People who participated in the 6-week intervention reported improvements in:</b></p> <ul style="list-style-type: none"> <li>◆ <b>Self-care behaviors</b> <i>(increased exercise, use of relaxation techniques and medical check ups)</i></li> <li>◆ <b>Managing emotions</b> <i>(reduced guilt, anger, and depression)</i></li> <li>◆ <b>Self-efficacy</b> <i>(increased confidence in coping with caregiving demands)</i></li> <li>◆ <b>Use of community resources</b> <i>(increased utilization of community services)</i></li> </ul>