

Are you a caregiver?

Like many people, you may not realize you're a caregiver. You might think of what you do as simply helping someone important to you. If you do any of the following, the Powerful Tools for Caregivers workshop is for you:

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry, and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility

I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Find a Powerful Tools for Caregivers workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

I learned that you don't have to go it alone. It's OK to ask for help.

I wasn't taking care of myself — but I am now. I finally see how important that is.

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter. This program will help you cope with the challenges that come with your role as caregiver.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
 - Manage your time, set goals, and solve problems
 - Master caregiving transitions
 - Make tough decisions
 - Communicate effectively with the person needing care, family members, doctors, and paid helpers
- When you register, you will receive a book to help you:
- Recognize changes in someone who may need extra help
 - Hire in-home help
 - Recognize and understand depression
 - Make decisions about driving
 - Help memory-impaired elders



Caregiving is easier when you're better prepared to face the challenges that arise.



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Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org



Powerful Tools
FOR Caregivers

**Caregiving can be a challenge,
but it's easier when you're
prepared.**

This 6-week evidence-based workshop
gives you the confidence and support
to better care for your loved one —
and yourself.