

# Powerful Tools FOR Caregivers

- ◆ The Powerful Tools for Caregivers course meets once a week for six weeks.
- ◆ Weekly classes are 90 minutes each.
- ◆ Location & Dates are flexible and can be at your facility or the Buckeye Hills office, located at 1400 Pike Street in Marietta.
- ◆ Class size is limited. A minimum number is also required.
- ◆ Registration is required one week prior to class start.
- ◆ **Contact:**
  - ◆ Cathy Ash, LSW  
740-376-7622 or
  - ◆ Gerri VanNoy, SWA, CIRS-A  
740-376-1037



► 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

*~ a Caregiver whose mother has Alzheimer's disease*

► This class covered so many subjects that I find useful now and I have an important reference material I can depend on.  
~ a Caregiver



1-800-331-2644 • [www.buckeyehills.org/populationhealth](http://www.buckeyehills.org/populationhealth)

1400 Pike St. • Marietta, OH 45750

**Buckeye Hills Regional Council serves:**

Athens, Hocking, Meigs,  
Monroe, Morgan, Noble, Perry &  
Washington Counties in Southeast Ohio.

## Powerful Tools for Caregivers

A Class for  
Family  
Caregivers



The Powerful Tools for Caregivers course was developed in Portland, Oregon, and has been shown to improve: self-care behaviors; management of emotions (reduced guilt, anger and depression); self-efficacy (increased confidence in coping with caregiving demands); and use of community resources.

## Who is the Class For?

The Powerful Tools for Caregivers course 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 or someone who lives at home, in a nursing home, or across the country.

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

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## What does the Class Cover?

The Powerful Tools for Caregivers course 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, this class will **not** focus on specific diseases or hands-on caregiving for the care receiver.

► **Your active participation will make a difference!**

The Powerful Tools for Caregivers course includes a How-to-Do-It book!

Each course participant will receive a book to accompany the class content. The resource contains chapters covering:

- ◆ 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

► “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 six weeks ago.”

~ Caregiver