



Presented by
 Weld County Area Agency on Aging

PO Box 1805
 315C N 11th Avenue
 Greeley, CO 80632

(970) 346-6950 ext. 6117 or
 (720) 652-4200 ext. 6117



This class series meets once a week for six weeks.

Dates: Workshops meet throughout Weld County. Please call the number below for information on a class near you.

Times:

Location:

Class size is limited, registration is required.

Please call:
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Assistance. Advocacy. Answers on Aging.
 Weld County Area Agency on Aging



Banner Health
 North Colorado Medical Center*
 Community Wellness

Weld Aging Well

To Age Well is to Live Well



Put Life Back in Your Life

Powerful Tools for Caregivers



A CLASS FOR FAMILY CAREGIVERS

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 disease or hands-on caregiver for the care receiver.

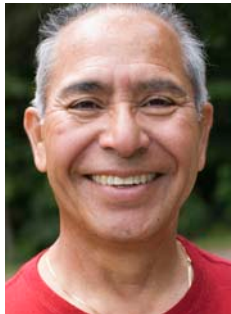
Your participation will make a difference!

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 form.

Everyone must register
by calling
(970) 346-6950 ext. 6117 or
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Respite Care

If you are in need of respite care please mention at time of registration. No respite will be offered on site.



"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

This program was developed by Legacy Caregiver Services in Portland, Oregon and has been shown to: reduce caregiver guilt, anger and depression, improve caregiver self-care and communication skills, and increase community service use.



*"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*

Includes How-To-Do-It Book!

Each class participant will receive a book to accompany the class content. This 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