



Presented by

Weld County Area Agency on Aging

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and

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(970) 400-6130



This class series meets once a week for six weeks.

FREE but class size is limited, registration is required.

For current class schedule, or to register call Jillian Broce at (970)400-6130.



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.

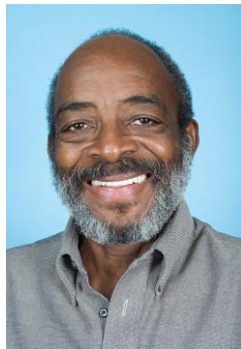
Your participation will make a difference!

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.

FREE!!
Everyone must register by
July 17th by calling
Jillian Broce at (970)400-6130.

Respite Care

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



"I'm more aware, more accepting and forgiving of myself." Male Caregiver

"It was nice to see that I'm not alone. I'm more confident now that I have tools that I know will work when problems arise." 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.



"I'm now more confident and have less stress. I am more willing to take care of myself as well as him. We are both happier and healthier!" 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