

Presented by

Weld County Area Agency on Aging

Whitney Janzen-Pankratz, WCAAA  
(970) 400-6117

Jillian Broce, WCAAA  
(970) 400-6130



**This class series meets once a week for six weeks.**

**FREE but class size is limited, registration is required.**

**For a current class schedule, or to register please call Whitney Janzen-Pankratz (970) 400-6117.**



Weld County Area Agency on Aging

• Weld Aging Well •

# 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.

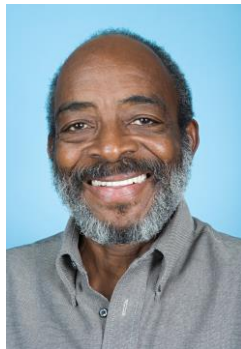
## Your participation will make a difference!

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 calling  
Whitney Janzen-Pankratz at  
(970) 400-6117

## 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