

## ***What is Powerful Tools for Caregivers?***

Powerful Tools for Caregivers is a class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Six classes held once a week are led by experienced class leaders. Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional caregiver resources.



### ***Find Powerful Tools for Caregivers classes:***

[www.powerfultoolsforcaregivers.org](http://www.powerfultoolsforcaregivers.org)

Offered in North Central Washington  
in coordination with



*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'!" - PTC Class Participant*

*Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.*



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



This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

## ***Are you a caregiver?***

Caregiving takes many forms. You may help a relative or friend with:

- transportation
- housekeeping
- grocery shopping
- personal care
- medications
- emotional support
- doctor appointments
- social activities
- living arrangements
- financial concerns
- legal or insurance issues

Whether you provide care for a spouse, partner, parent, or friend, at home or in a care facility, whether down the block or miles away, yours is an important role.

This course is for caregivers like you!

## ***The class will give you tools to help:***

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Communicate in challenging situations
- Make tough decisions
- Locate helpful resources



*When you take care of yourself, everyone benefits.*

## Powerful Tools FOR Caregivers

- **Free class and materials**
- **Virtual and in-person options**
- **Multiple class times and locations**

Pre-registration required

Class sizes are limited

**Give us a call for more information and dates**

**Call Joan Acres  
(509) 713-3390**

