

An evidence-based program to support caregiver wellbeing

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes teach participants how to take better care of themselves while caring for a friend or relative. Whether providing care for a spouse, partner, parent, or a friend; at home or in a care facility, whether down the block or miles away, it's an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself. The classes give caregivers tools to help:

Reduce stress • Improve self confidence • Manage time, set goals, solve problems
Better communicate your feelings • Make tough decisions • Locate helpful resources

Participants will receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. The New York State Caregiving & Respite Coalition provides this class at no charge.

PLEASE REGISTER by OCTOBER 1

Date(s): Every Thursday from October 10 - November 14, 2024

Time: 3:00 - 4:30 PM

Location: Virtual

Contact: Rebecca, 585-645-4572

To register, visit our website:

<https://www.nyscrc.org/powerful-tools-for-caregivers>
or scan the QR code



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

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 us!

- Class Participant

