



## VIRTUAL CLASS

**I don't think of myself as a caregiver.**

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**Join us for our next workshop.**

**Location:** From the comfort of your own home – online workshop

**Dates:** Wednesdays,  
September 15 – October 20, 2021

**Time:** 10:00 – 11:30 am

**Cost:** FREE!

**Pre-registration is required!**

**Call the ADRC at  
(608) 930-9835**

# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

### **What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources