Our Mission
is to promote, support and advocate for the independence, dignity and well-being of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network.

Contact Us
For more information please contact:
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Powerful Tools for Caregivers is evidence-based on the highly successful Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University.

Powerful Tools for Caregivers is a national program sustained by extensive collaborations with community-based organizations.

CAREGIVING INVOLVES MANY CHALLENGES
WE ARE HERE TO HELP.

A Self-Care Education Program for Family Caregivers
Powerful Tools for Caregivers

is an Evidence-Based Program that will provide you with the tools and strategies to better handle the unique challenges of caregiving.

Here’s what participants say about

“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, and healthier me... and a healthier us!”

“This class covered so many subjects that I find useful now and I have an important reference material I can depend on.”

“There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.”

The Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!

This 6 Week Course will help with:

- Taking Care of You
- Managing Your Emotions
- Learning from Your Emotions
- Reducing Personal Stress
- Your Mental Health
- Communicating Effectively
- Hiring In-Home Help
- Loss, Grief and End-of-Life