



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.

Presented By:



### *Our Mission*

is to promote, support and advocate for the independence, dignity and wellbeing 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:

Healthy Living  
Center of Excellence

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**CAREGIVING INVOLVES  
MANY CHALLENGES**

***WE ARE HERE TO HELP.***

**A Self-Care Education Program  
for Family Caregivers**



*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***



## **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.**