

# Powerful Tools FOR Caregivers



This is an evidence-based program that will provide caregivers with the tools and strategies to better handle the unique challenges that come with being a caregiver. Regardless if your loved one has a disability, is a veteran or suffering from any chronic condition this program will benefit you as their caregiver.

**Powerful Tools for Caregivers** participants will receive a book to accompany the class content. This book contains chapters covering topics such as:

- Making decisions about care facility placement
- Helping memory-impaired loved ones
- Making legal and financial decisions
- Long-distance caregiving
- Understanding depression
- Hiring in-home help
- Loss, grief and end-of-life issues

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

**What you will take away from this class:**

**Managing your Emotions**  
(reduced guilt, anger and sadness)

**Reducing Personal Stress**

**Self-care behaviors**  
(increased exercise, relaxation and medical check-ups)

**Effective Communication**

**Self-efficacy** (increased confidence in coping with caregiving demands)

**Taking Care of You**

**Fridays**

**April 10, 17, 24, May 1, 8 and 15, 2026**

**1:00 – 2:30pm**

**Area Agency on Aging**

**Virtual Workshop**

**For Questions or to Register contact Maureen at:**

**772-521-4813**