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!

Area Agency on Aging Palm Beach/Treasure Coast, Inc.

Elder Affairs Florida

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

Jan. 8, 15, 22, 29, Feb. 5 and 12, 2026

10:00 – 11:30am

Area Agency on Aging

Virtual Workshop

For Questions or to Register contact Maureen at: 772-521-4813