

Powerful Tools *for Caregivers*



A self-care education workshop
for family caregivers presented by



If you are caring for a chronically ill or
aging family member, it is important
to also take care of yourself.

Learn how.

Providing care for an ill or aging family member means that every day brings a range of emotions and challenges.

Powerful Tools for Caregivers is a six-week workshop proven to improve:

- **Stress Levels**
Learn techniques to reduce guilt, anger and depression.
- **Communication Skills**
Learn how to get the most out of conversations with family and professionals.
- **Self-Efficacy**
Increased confidence in coping with caregiving demands
- **Use of Community Resources**
Greater utilization of local services

In 2012, the Powerful Tools for Caregivers program met the highest-level criteria of evidence-based disease prevention and health promotion programs by the Administration on Aging.

You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country.

Classes are ongoing.
To learn more,
call Lifespan at 585-244-8400
or go to
www.lifespanrochester.org

