



I don't think of myself as a caregiver.

I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

There's a Powerful Tools for Caregivers workshop starting soon near you!

When: May 5 - June 9, 2021,
six Wednesday afternoons, 1:30-3:30 pm

Leaders: Teena Monk-Gerber of ADAW & Cori Marsh of Rock Co. ADRC

For more information or to register:
contact the Rock County Council on Aging at: 608-757-5309 or email:
Lisa.Messer@co.rock.wi.us

Registration is required by April 28th

This is an **ONLINE** workshop and open to all Wisconsin counties/tribes & eligible caregivers.

Suggested Donation/Fee: \$10

Caregiving is rewarding.

But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

