

Care·giv·er

Noun: A family member, friend, or neighbor who takes care of a frail or disabled older person.

YOU ARE A CAREGIVER IF YOU:

- Bring dad a few groceries.
- Take your wife to the doctor.
- Remind mom to take her pills.
- Help your parents with chores

YOU ARE NOT ALONE:

A study by the National Alliance for Caregiving and AARP found that 22.4 million households, or about one in four households in the U.S., is involved in providing care to someone fifty or over. Many of us will be caregivers several times during our lifetimes.

Caregiving provides opportunities to demonstrate love and commitment. These meaningful experiences may be coupled with exhaustion, stress and difficult emotions. Powerful Tools for Caregivers is designed to help ease the burden and stress of caregiving.



301 North Main Street, PO Box 82
Blue Earth MN 56013

507-526-4684

www.interfaithcaregivers.net

Our Caregiver Support & Respite programs is made possible in part under the federal Older Americans Act through an award from the Minnesota River Agency on Aging under an area plan approved by the Minnesota Board on Aging.

Powerful Tools FOR Caregivers



Thursdays

1:00-3:00pm

Feb 23rd – Mar 30th, 2017

Meets once a week for six weeks

**Our Savior's Lutheran Church
605 State Street
Kiester MN 56051**



WHAT'S COVERED IN THE CLASS

In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of The Caregiver Helpbook, developed specifically for the class.

PTC program improves:

- Self-Care Behaviors: (increased exercise, use of relaxation techniques and medical check ups.)
- Management of Emotions: (reduced guilt, anger, and depression.)
- Self-Efficacy (increased confidence in coping with caregiving demands.)
- Use of Community Resources

The course is led by two certified workshop leaders and follows a nationally acclaimed curriculum.

Workshop Benefits

- Reduce Stress
- Improve Confidence
- Balance your life
- Better Communicate
- Master Difficult Decisions
- Learn to locate helpful resources
- Understand difficult emotions

Praise for the Class

"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."

"About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!"

"This class covered so many subjects that I find useful now and I have an important reference material I can depend on."

LOCATION

Our Savior's Lutheran Church
605 State Street
Kiester MN 56051

DATES

February 23 rd	March 16 th
March 2 nd	March 23 rd
March 9 th	March 30 th

1:00pm – 3:00pm

REGISTRATION

To register for the class please call Interfaith Caregivers: 507-526-4684

COST

A suggested contribution of \$25 will help cover the cost of the book, refreshments, and the certified workshop leaders.

