

The Aging and Disability Resource Centers of Jefferson & Rock Counties are offering a virtual

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for someone with dementia. Whether you provide care for a spouse, partner, parent or friend; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This virtual six-week class series beginning **Thursday, September 21st** gives you the confidence and support to better care for your loved one – and yourself.

The class will be held weekly on Thursday evenings from **5:30 – 7pm through October 26th. Registration by September 14th is required.**

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



Caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

For more information or to register, please contact:

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Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.