

POWERFUL TOOLS FOR Caregivers



A Free 6-Week Workshop

WHEN:

Tuesdays from 2:30—4:00pm

6 weeks: August 20, 27, Sept
3, 10, 17 and 24

Grab'n'Go meal provided

WHO:

Anyone who cares for anyone.

Feel free to bring family
members who also provide
care.

WHERE:

GCCOA Xenia office, 1195 W.
Second Street, Xenia OH 45385

**Registration required. See
over**

For more information contact
Michele at 937-376-5486 ext
106 or email

YourFriends@gccoa.org

Powerful Tools for Caregivers is a program that teaches empowerment for family caregivers. Caring for a family member is hard work. This 6-week class supports family caregivers to develop better skills for self-care and well-being. This class will teach you how to reduce caregiver stress, change negative self-talk, manage emotions, be better able to make difficult caregiving decisions, and improve communication regarding challenging situations.

This program has shown to have a positive impact on family caregivers. When family caregivers utilize resources available to them, they feel less anxious and depressed regarding their caregiving situation and are able to provide better care.

Class participants are given *The Caregiver Helpbook* to accompany the class and provide additional caregiver resources.

Are you a caregiver? Caregiving takes many forms. You may help a relative or friend with transportation, housekeeping, grocery shopping, personal care, medications, emotional support, doctor appointments, social activities, living arrangements, financial concerns, legal or insurance issues.

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 caregivers like you!

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REGISTRATION FORM

Please complete and send to the Council by August 13, 2024, call us or email information to us.

Who will attend?

- 1) _____
- 2) _____
- 3) _____

Relationship to care recipient?

How many Grab'n'Go meals? _____

Any dietary restrictions? _____



The GCCOA provides support to caregivers in several ways:

In Care of You ~ a bi-monthly newsletter

Support Groups ~

- 1st Monday of the month at 6pm, First Presbyterian Church, 314 Xenia Ave, Yellow Springs
- 1st Wednesday of the month at 11:30 am, GCCOA Xenia office
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton-Xenia Rd, Beavercreek

Weekly Radio Segment ~ Partners in Caregiving every Thursday soon after 6pm, WBZI—FM 100.3 AM 1500

Respite Care ~ Through our PIC program. Talk to a care manager.

powerfultoolsforcaregivers.org

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

