

Are you a caregiver?

Like many people, you may not realize you're a caregiver. You might think of what you do as simply helping someone important to you. If you do any of the following, the Powerful Tools for Caregivers workshop is for you:

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry, and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility

I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.

Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.

Find a Powerful Tools for Caregivers workshop near you. Visit wihealthyaging.org and click on **Find a Workshop**.

What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

I wasn't taking care of myself — but I am now. I finally see how important that is.

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter. This program will help you cope with the challenges that come with your role as caregiver.

I learned that you don't have to go it alone. It's OK to ask for help.

The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with the person needing care, family members, doctors, and paid helpers

When you register, you will receive a book to help you:

- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders



Caregiving is easier when you're better prepared to face the challenges that arise.



Winnebago County ADRC

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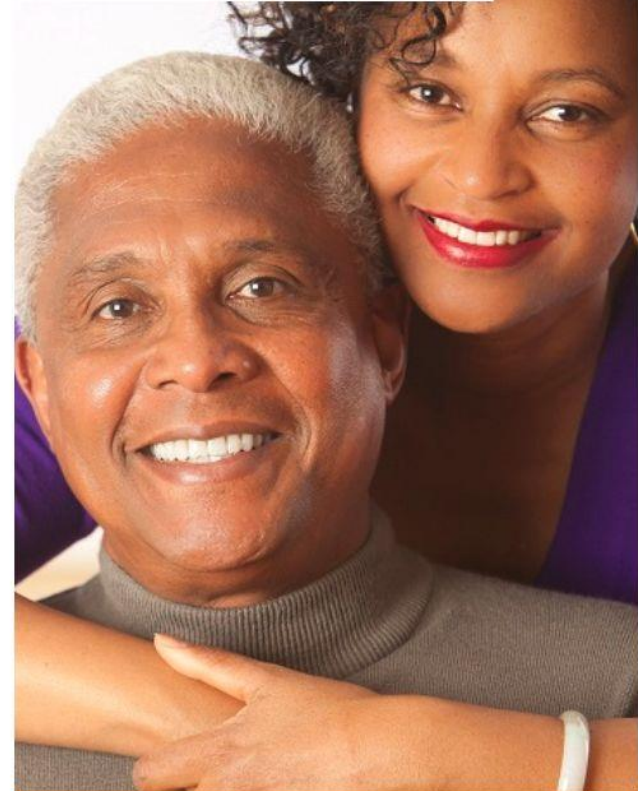
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Learn more about this and other
healthy aging programs by visiting
wihealthyaging.org

Powerful Tools
FOR Caregivers



**Caregiving can be a challenge,
but it's easier when you're
prepared.**

This 6-week **evidence-based** workshop
gives you the confidence and support
to better care for your loved one —
and yourself.