

## 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](http://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 learned that you don't have to go it alone. It's OK to ask for help.*

*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.

### 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.*



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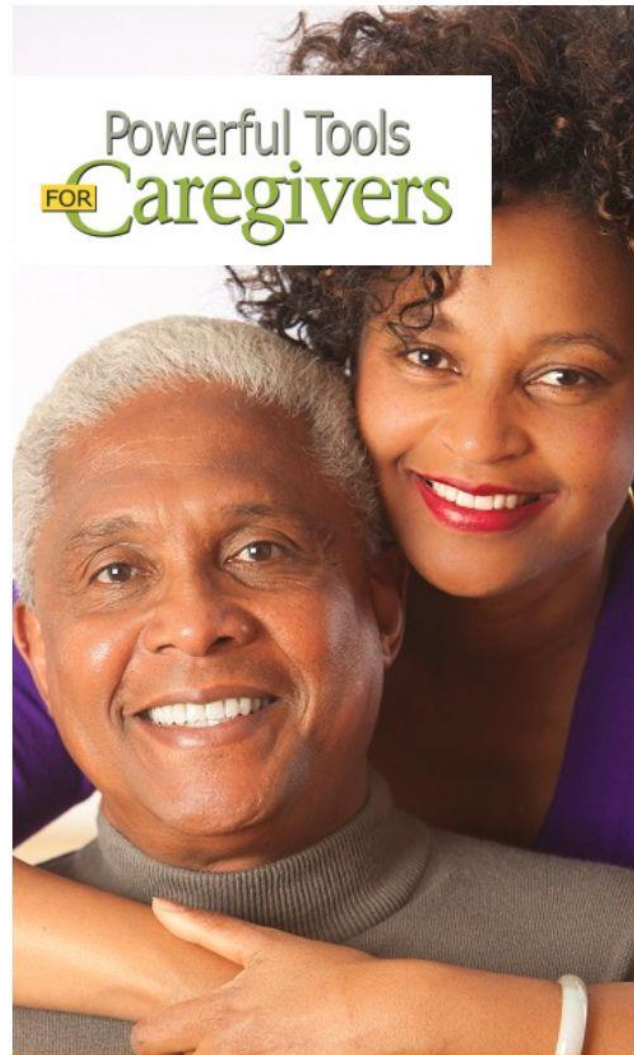
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Learn more about this and other  
healthy aging programs by visiting  
**[wihealthyaging.org](http://wihealthyaging.org)**



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.