



**I don't think of myself as a caregiver.**

I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

**There's a Powerful Tools for Caregivers workshop starting soon near you!**

**Tuesday's**

**January 9<sup>th</sup> – February 20<sup>th</sup>**

**2:00 p.m. – 3:30 p.m.**

**Virtual Class / Zoom**

**Suggested Contribution for textbook \$10.00**

**Register today by calling  
262-833-8764 or email  
[ruth.stauersbol@racinecounty.com](mailto:ruth.stauersbol@racinecounty.com)**



# Caregiving is rewarding.

**But it can be challenging too.**

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

**Taking care of yourself is important.**

Powerful Tools for Caregivers (PTC) can show you the way!

**What is Powerful Tools for Caregivers? And why should I take it?**

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources