

# Do you struggle with taking care of a loved one?

## Powerful Tools FOR Caregivers

The class meets once a week

On Tuesdays, from

**1-2:30 pm**

**February 20 - March 26, 2024**

**This class is a series please  
plan on attending all sessions**

Week 1: Taking Care of You

Week 2: Identifying and  
Reducing Stress

Week 3: Communicating  
Feelings, Needs,  
and Concerns

Week 4: Communicating in  
Challenging Situations

Week 5: Learning from our  
Emotions

Week 6: Mastering Caregiving  
Decisions

*"After taking this class, I am a  
more confident caregiver! Having  
tools to resolve problems is a  
definite advantage in becoming a  
better caregiver and a happier,  
wiser, healthier me... and a*



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MICHIGAN STATE  
UNIVERSITY Extension



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## Powerful Tools for Caregivers

This **6-week program** will help you take care of yourself while caring for a relative or friend (no professional caregivers, please). You will benefit from the workshop whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Please note that this workshop will not focus on specific diseases or hands-on caregiving for the care receiver.

**This workshop will give YOU, the family caregiver, tools to:**

- » Help you reduce stress
- » Communicate effectively with other family members, your doctor, paid help
- » Take care of yourself
- » Reduce guilt, anger, and depression
- » Help you relax
- » Make tough decisions
- » Set goals and problem-solve

*The workshop covers the following topics:*

- Hiring in-home help
- Understanding depression
- Helping memory-impaired elders
- Making decisions about driving
- Making legal and financial decisions
- Making decisions about care facility placement

### Upcoming Workshop

**Online Zoom Workshop**

**February 20 - March 27, 2024**

**To register go to:**

<https://events.anr.msu.edu/OnlinePTCFebMar24JKL/>

**Instructors:**

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