



**I don't think of myself as a caregiver.**  
I'm her husband. She needs me. And because she needs me, I know I need to take care of myself. Powerful Tools helped me do that.

### ***In-Person Workshop!***

**Starts:** Tuesday, September 19

**Time:** 1:00 – 2:30pm

**6 consecutive weeks**

**Location:** West Square Building,  
505 Broadway, Baraboo, WI 53913  
ADRC Conference Room: #234

Call or email Marina Wittmann at the ADRC to register. There is a suggested contribution of \$20 for the workshop.

ADRC: (608)355-3289

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# 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