



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.

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

ONLINE VIRTUAL WORKSHOP!

Starts: Tuesday, April 4, 2023

Time: 1:00 – 2:30pm

6 consecutive weeks

We have tablets and iPads to use for FREE to take this workshop!

*If you would like a Zoom tutorial before the workshop begins, let us know at registration.

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

ADRC: (608)355-3289

marina.wittmann@saukcountywi.gov