



# Powerful Tools for Caregivers

– A Living Well Workshop –

**More than 44 million people in the United States are providing either full-time or part-time unpaid care for a family member or loved one over the age of 18 who is ill or has a disability. The impact on those caregivers is huge – physically, emotionally, and financially.**

**Powerful Tools for Caregivers** is a six-week series specifically designed to help caregivers learn to take better care of themselves. It does not teach hands-on care or focus on disease conditions.

Powerful Tools is presented by certified lay leaders in either 1½ or 2½ hour sessions. The workshop uses an “evidence-based” curriculum, meaning it has been studied and found to have significant positive results for participants.

#### Participants will learn to:

- ◆ Reduce stress
- ◆ Improve caregiving confidence
- ◆ Establish balance in their lives
- ◆ Communicate their needs
- ◆ Make tough decisions
- ◆ Locate helpful resources

#### Participants who took the workshop demonstrated:

- ◆ Improved confidence in coping with the demands of caregiving
- ◆ Reduced guilt, anger and depression
- ◆ Increased use of exercise, relaxation techniques, and medical check-ups
- ◆ Increased awareness and use of community resources

“I understand now that it is okay for me to take care of myself.”

Workshop participant, Powder Springs

Learn more about **Powerful Tools for Caregivers**. Call **Lynda Conner** at **470-378-1630** or **lconner@atlantaregional.org**.

*Powerful Tools for Caregivers is based on the highly successful Chronic Diseases Self-Management Program developed by Dr. Kate Lorig and colleagues at Stanford University. Since the program’s inception, Powerful Tools for Caregivers has reached more than 80,000 caregivers.*