

What is Powerful Tools for Caregiving?

Powerful Tools for Caregivers is a class series that supports caregivers in taking care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Six classes held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.



Powerful Tools FOR Caregivers

powerfultoolsforcaregivers.org

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.

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Powerful Tools FOR Caregivers

Caregiving can be a challenge, but it's easier when you're prepared.



Feb 7 - March 14

Saturdays, 10:00-11:30 am

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

Class is **free** to attend, donations are accepted.

Pre-registration required.

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Are you a caregiver?

Caregiving takes many forms. You may help a relative or friend with:

- Transportation
- Housekeeping
- Grocery shopping
- Personal care
- Medical support
- Emotional support
- Doctor appointments
- Social activities
- Living arrangements
- Financial concerns
- Legal or insurance issues

Whether you provide care for a spouse, partner, parent, or friend, at home or in a care facility, whether down the block or miles away, yours is an important role.

This course is for caregivers like you!



The class will give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Communicate in challenging situations
- Make tough decisions
- Locate helpful resources

"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 healthier 'us'!"

- PTC Class Participant

To Register

Pre-registration required



Scan QR code or go to mcpc.live/register

If assistance with registration is needed, please contact Monument Community Presbyterian Church at (719) 481-3902



When you take care of yourself, everyone benefits.