

Taking Care of Me



Geriatric Connections
**Powerful Tools for
Caregivers**

What Caregivers do:



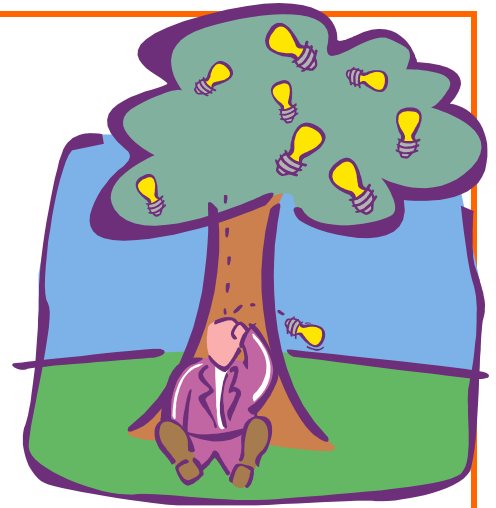
- **Assist someone with transportation**
- **Provide help with housekeeping**
- **Do the grocery shopping or prepare meals**
- **Provide social engagement or emotional support**
- **Assist with bill paying / finances**
- **Manage legal or insurance matters**
- **Provide personal care**

Why take care of me?



- ***Studies show that:***
 - I use 71% more prescription drugs
 - I have a higher rate of depression
 - I have 46% more physician visits
 - I can become isolated
- I can experience loss of “self” and time
- I can experience financial losses

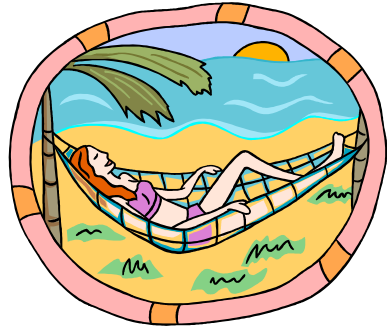
How can I take care of me?



Consider participating in a *Powerful Tools for Caregivers* class.

- **Classes consist of six 2 ½-hour sessions held weekly**
- **Co-facilitated by 2 trained Class Leaders**
- **Educational program, not support group**

What can *Powerful Tools for Caregivers* do for me?



- **Help me manage my stress and emotions**
- **Help me communicate effectively**
- **Help me make difficult decisions**
- **Help me locate valuable resources**
- **Improve my self-confidence**
- **Bring balance into my life**

What will I learn?

To always put on my oxygen mask first before assisting others!



“Thrive not Just Survive”

Tools I Can Use



Powerful Tools provides more than 25 tools that can be used as needed to assist you in thriving as a caregiver.

Such as:

- ***Managing self-care***
- ***How to find resources***
- ***Managing stress***
- ***Communicating with “I”***
- ***Action Plans***

Take the time to:



- **Educate yourself**
- **Rally your supporters**
- **Take time for leisure**
- **Use community resources**
- **Maintain a sense of humor**
- **Set realistic goals**
- **Incorporate some of the tools taught today**
- **Register for a *Powerful Tools* Class TODAY!**

Powerful Tools in Action

“I am grateful for having participated in this course. I now have the tools to handle my situation in caring for both my husband and brother.”

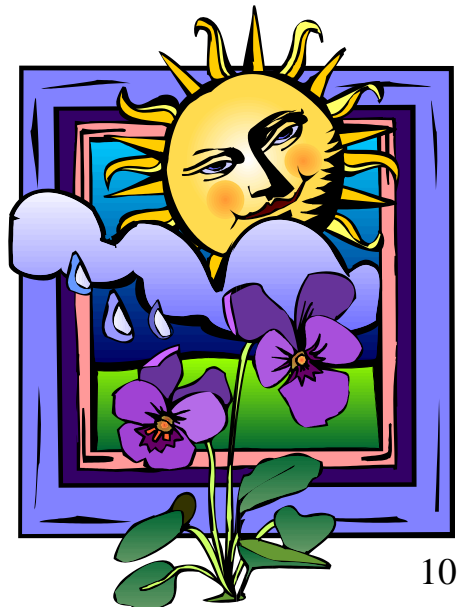


“Thank you for permission to think about me.”



How *Powerful Tools* has benefited me

- How it helped me “thrive”
- How to incorporate “tools” into daily life
- Most valuable lesson(s) learned
- Advice to others



How to Register

Powerful Tools for Caregivers classes are arranged when:

1. A minimum of 8 participants register for a class.
2. An agency or business sponsors a class for their clients and/or community members.

Contact Julie Weckel to start a class near you: 269-240-8042
jweckel@geriatricconnections.com