

Powerful Tools for Caregivers

Powerful Tools for Caregivers is evidence-based on the highly successful Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University.

Powerful Tools for Caregivers is a national program sustained by extensive collaborations with community-based organizations.

Presented By:



Our Mission

is to promote, support and advocate for the independence, dignity and wellbeing of seniors, adults with disabilities, and those who care for them in a manner that values diversity, reflects the communities we serve and embraces the collaboration of the aging network.

Contact Us

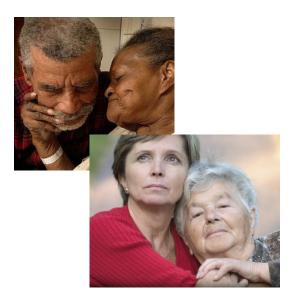
For more information please contact:

Healthy Living
Center of Excellence

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Powerful Tools for Caregivers



CAREGIVING INVOLVES
MANY CHALLENGES

WE ARE HERE TO HELP.

A Self-Care Education Program for Family Caregivers



Powerful Tools for Caregivers

is an

Evidence-Based Program

that will provide you

with the tools and

strategies to better

handle the unique

challenges of caregiving.

Here's what participants say about



"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, and healthier me... and a healthier us!"



"This class covered so many subjects that I find useful now and I have an important reference material I can depend on."



"There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me."

The Powerful Tools for Caregivers is a program you can count on to make a positive difference in your life!



This 6 Week Course will help with:

- Taking Care of You
- Managing Your Emotions
- Learning from Your Emotions
- Reducing Personal Stress
- · Your Mental Health
- Communicating Effectively
- Hiring In-Home Help
- Loss, Grief and End-of-Life

