



Powerful Tools FOR Caregivers



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www.co.grant.wi.gov



Wisconsin Institute
for Healthy Aging

608-243-5690

www.wihealthyaging.org

**For more class information and
to register, contact:**

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Aging & Disability Resource Center
Dementia Care Specialist

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Aging & Disability Resource Center
of Southwest Wisconsin

Powerful Tools FOR Caregivers



A six-week program that helps
caregivers better care for their
loved one – and themselves

Thursdays May 3rd – May 31st

& Wednesday, May 30th

1:30 – 3:00 p.m.

Belmont Community Bldg.
222 S. Mound Avenue
Belmont, WI 53510

**We know that taking care of
someone can be hard – even
someone you love.** Because finding
support is so important, we'll help
you find a way to attend the
workshop:

I can't leave my loved one alone.

We understand, and will help
arrange for someone to stay with
your loved one while you attend.

I don't have time to attend a class.

It can be hard to make time for the
workshop, but the skills you learn
and information you receive in just
an hour and a half per week, can
save you time and frustration in the
long run. In addition to the time
spent with others who are in similar
situations, participants tell us that
learning about the variety of
community resources is invaluable.

I don't have a ride.

We can help arrange a ride for you.

Questions?

Contact us. We'll try to solve other
challenges so that you can join us.



What is Powerful Tools for Caregivers?

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? This program will help you cope with the challenges that come with your role as caregiver.

The workshop will give you tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with your care receiver, family members, doctors, and paid helpers



Location:

Belmont Community Building
222 South Mound Avenue
Belmont, WI 53510

Time: 1:30 - 3:00 p.m.

Dates: Thursdays May 3rd – 31st and
Wednesday, May 30th

Cost: There is no cost for this class.

Registration is required: To register please call 723-6113.

As a class participant, you will also receive “The Caregiver Helpbook,” which provides information on how to:

- Recognize a change in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders



Is Powerful Tools for you?

Powerful Tools for Caregivers is a six-week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

Are you a caregiver?

You are, if you:

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry, and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility