

# Powerful Tools for Caregivers



## A self-care education program for family caregivers

Do you or someone you know provide care for a family member or friend? Being a caregiver can be tiring and stressful. This class encourages caregivers to care for themselves so they can better care for their loved one. Caregivers will learn to:

- \* Reduce stress
- \* Change negative self-talk
- \* Improve self-confidence
- \* Better communicate feelings
- \* Increase your ability to make tough decisions
- \* Locate helpful resources

**Tuesdays  
Oct. 10-Nov. 14  
9:30-1:00  
Includes lunch and  
fellowship**

**Aurora Sheboygan  
Memorial Medical  
Center**

**Registration is \$25 and includes  
a Caregiver Helpbook**

**Register at:  
[https://ahc.aurorahealthcare.  
org/events](https://ahc.aurorahealthcare.org/events)  
or call 920-451-5513**

## **Class Descriptions**

### **Class #1: *Taking Care of You***

To be the best caregiver you can be you need to take good care of yourself. The focus of this workshop is on YOU, not the person you are caring for.

- You will develop a “box of self-care tools.”
- A powerful video shows how important it is to take care of you, while handling the challenge of being a caregiver.
- Beginning in this class, you will make a weekly action plan for self-care.

### **Class #2: *Let's Talk About Stress***

- Four steps are taught: (1) Spotting early signs of stress, (2) Finding your sources of stress, (3) Learning to change what you can change and accept what you cannot change, and (4) Taking action.
- Learn how to change negative self-talk to positive self-talk.
- You will learn five relaxation activities that are easy to include in your daily life.

### **Class #3: *Sharing Feelings, Needs, and Concerns***

- Learn how to share your feelings, needs and concerns more effectively.
- Practice communicating in a positive and helpful way.

### **Class #4: *Communicating in Tough Situations***

- Learn a four-step process to help you be more assertive in your conversations.
- You will learn how to find “common ground” with a person who is distressed.
- Learn how to better communicate with a person who has trouble with memory.

### **Class #5: *Learning From Our Emotions***

- Learn to listen to your emotions and what they are telling you. Feelings like anger, guilt and depression happen for a reason. Learn positive ways to deal with difficult feelings. Resources for professional help are also provided.

### **Class #6: *Mastering Caregiving Decisions***

- You will learn tools to assist your family in making tough decisions.
- Find out how to deal with life change and all the emotions you feel.