

When & where are classes held?

This class series meets once a week
for six weeks.

Dates:

Wednesday

February 1, 8, 15, 22, 29 & March 7

Time:

3:00 – 4:30 pm

Location:

**Central Vermont Council on Aging
(CVCOA)**

59 N. Main Street, Suite 200 in Barre

Please note:

Class size is limited.

REGISTRATION IS REQUIRED

BY JANUARY 25

**Suggested donation of \$20
to help defray the cost of
The Caregiver Helpbook.**

Donation is not required to attend.

Please contact:

Jeanne Kern

CVCOA Family Caregiver Support

802-476-2671

jkern@cvcoa.org

Options for Seniors and Caregivers



Senior Helpline

1-800-642-5119

www.cvcoa.org

**59 N. Main Street, Suite 200
Barre, VT 05641**

**With offices in Morrisville, Randolph,
South Royalton & Rochester.**

Powerful Tools for Caregivers



A class for family caregivers

*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!”*

*~ Peggy, Caregiver
whose mother has Alzheimer’s*

Who is the class for?

Powerful Tools for Caregivers is an educational program designed to help family caregivers (no professional caregivers, please.)

This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, a spouse or a friend; someone who lives at home, in a nursing home, or across the country.

What does the class cover?

This class will give YOU the tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, & depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Please note that this class will NOT focus on specific diseases or hands-on caregiving for the care receiver.

Your participation will make a difference!

We are interested in how the class will benefit you and other caregivers. To evaluate the program, we will ask you to complete an evaluation.



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



This program was developed by Legacy Caregiver Services in Portland, OR and has been shown to:
reduce caregiver guilt, anger and depression;
improve caregiver self-care and communication skills, and increase community service use.

Includes How-To-Do-It Book!

Each class participant will receive a copy of *The Caregiver Helpbook* to accompany the class content. This book contains chapters covering topics such as:

- Hiring in-home help
- Helping memory-impaired elders
- Making legal and financial decisions
- Making decisions about care facility placement
- Understanding depression
- Making decisions about driving



“About the time the class began, I was about at my wits end. The communication tools will work toward maintaining a better atmosphere and contribute to improved attitudes for both of us... it will never be easy, but it is easier than it was 6 weeks ago!”
~ Caregiver