

Powerful Tools for Caregivers Can Help.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidenced-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment. Research on *Powerful Tools for Caregivers* has consistently shown increased self-efficacy for caregiver participants. In 2012, the PTC program was recognized by the Administration on Aging as having met its highest level criteria for evidence-based programs.

Improve the lives of family caregivers in your community...

Powerful Tools for Caregivers has served caregivers of adults with chronic conditions since 1998. After successful pilot classes over the last few years, PTC is pleased to be expanding the population of caregivers served to include caregivers of children with special health and behavioral needs (including minors and adult children). Please note separate scripts for these distinct caregiving populations are used. The program's self-care emphasis remains the same. The examples and scenarios with the tools and a new DVD have been tailored to address the specific needs of each caregiver population.

Caregivers benefit from the PTC 6-week series of classes whether they are:

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Parents of children with special health and behavioral needs
- Grandparents raising grandchildren with special needs
- Long-distance caregivers
- In differing stages in their caregiving role
- From diverse rural, urban, or ethnic communities

Powerful Tools for Caregivers Classes:

In the six weekly classes, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their needs to family members and healthcare or service providers; communicate effectively in challenging situations; recognize the messages in their emotions, deal with difficult feelings; and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Help Book* developed specifically for the class.

“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.”

— PTC Caregiver Class Participant

For More information call 1-866-971-5545 or go to www.ceselfmanagement.ca