

Powerful Tools for Caregivers



- Reduce Stress
- Deal with Emotions
- Communicate Effectively
- Make Tough Decisions

“Powerful Tools for Caregivers” is a 6-week evidence-based program that provides unpaid family caregivers with the skills and confidence needed to better care for themselves while caring for others. Participants receive a copy of *The Caregiver Helpbook*, developed specifically for the class.

1:30 to 3 p.m.; Every Thursday, March 15 – April 19
Pierce County Sound View Building, Ste 200, 3602 Pacific Ave., Tacoma

Free; reservation required. Call 253-798-4423
Participants need to commit to attend all six classes.

A presentation of Pierce County Aging & Disability Resources

For additional information call (253) 798-4600 or (800) 562-0332



Pierce County

Human Services

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Powerful Tools Make a Difference for Caregivers

Most health care in the United States is given by unpaid family caregivers. And most of us will, at some point in our lives, become caregivers. Approximately one in four households is providing some form of caregiving to a loved one. Caregivers do a wide range of tasks from buying groceries and doing household chores to managing medications and providing medical procedures.

A substantial body of research shows that family members who provide care to individuals with chronic or disabling conditions are themselves at risk. Emotional, mental, and physical health problems arise from complex caregiving situations and the strains of caring for frail or disabled relatives.

Pierce County Aging and Disability Resources is offering “Powerful Tools for Caregivers,” a free six-week series that provides unpaid family caregivers with the skills and confidence needed to provide better care for themselves while caring for others. Participants receive a copy of “The Caregiver Helpbook,” developed specifically for the class.

“Many of us help older, sick or disabled family member and friends every day,” said Aaron Van Valkenburg, Manager of Pierce County Aging & Disability Resources. “We know we are helping, but we don’t think of ourselves as caregivers. We are glad to do this and feel rewarded by it, but if the demands are heavy, over time we can also become exhausted and stressed. Powerful Tools provides guidance and training to help caregivers with their number one task – self care.”

“Powerful Tools for Caregivers” will Thursday afternoons from March 15 to April 19 from 1:30 to 3:00 pm. at the Pierce County Sound View Building, 3602 Pacific Avenue, Suite 200, Tacoma. Participants are asked to commit to attend all six sessions. Topics addressed include:

- Taking Care of Yourself,
- Identifying and Reducing Personal Stress,
- Communicating Feelings, Needs and Concerns,
- Communication in Challenging Situations,
- Learning from our Emotions,
- Mastering Caregiving Decisions.

“Powerful Tools for Caregivers” is a free series. Space is limited and advance reservations are required by calling 253-798-4423. Participants are asked to attend all six classes. For more information about the classes, call (253) 798-4600.

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