

# About the sessions

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

**Class #2: Identifying and Reducing Personal Stress**

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

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

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

**Class #6: Mastering Caregiving Decisions**

*“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*



For more information about Wellness Programs offered at the Area Agency on Aging 1-B:

**Call 1-833-262-2200**

**Or visit [www.aaa1b.com](http://www.aaa1b.com)**

The Area Agency on Aging 1-B (AAA 1-B) is a non-profit agency responsible for services to more than 685,300 persons age 60 and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties.

The AAA 1-B is a proud supporter of Evidence-Based Disease Prevention/Health Promotion Programs.



**POWERFUL TOOLS  
FOR  
CAREGIVERS:  
A CLASS FOR FAMILY CAREGIVERS**



**Taking Care of a Spouse or Parent?**

**Stressed and need some better ways to cope?**

Powerful Tools  
**FOR** Caregivers

## 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, spouse, friend or someone who lives at home, in a nursing home, or across the country.



## What does the class cover?

This class will give YOU, the family caregiver, tools to:

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

Powerful Tools  
**FOR** Caregivers

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

## Includes How-To-Do-IT Book!

Each class participant will receive a book 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

### **Location:**

Livingston County Catholic Charities  
2020 E. Grand River Ave.  
Howell, MI 48843

### **Dates:**

Tuesdays

10/16/18 – 11/20/18

*Classes are held for 6 weeks*

### **Time:**

4:00 PM – 5:30 PM

**For more information or to register  
contact: 833-262-2200 or  
wellnessprograms@aaa1b.com**