

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, 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

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.

EVERYONE must sign up by July 3rd by calling Amy Grainger at 434-4811

Respite Care

Respite grants available through SC Alzheimer's Association at 1-800-272-3900

or

Central Midlands Caregiver Support Program at 376-5390 ext. 1



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.

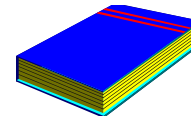
"This class covered so many subjects that I find useful now and I have an important reference material I can depend on."

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



"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



When & where are classes held?

This class series meets once a week for six weeks.

*Dates: Each Tuesday beginning
July 10th – August 14th*

Time: 6 PM – 7:30 PM

*Location: Senior Primary
Care Practice
3010 Farrow Rd
Suite 300
Columbia, SC 29203*

Cost: Free!



*Please note: Class size is
limited.
REGISTRATION IS
REQUIRED BY JULY 3rd!*

To Register, PLEASE CONTACT:

*Amy Grainger, LMSW
803-434-4811*



***3010 Farrow Rd.
Suite 300
Columbia, SC 29203
Phone: 434-1210***

***190 Parkridge Dr.,
Suite G100
Columbia, SC 29212
Phone: 434-4700***

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
(Mother has Alzheimer’s disease)***