

Nationwide Caregiver Support Classes brought to you by Iowa State University

 powerfultoolsforcaregivers.org/caregivers

Powerful Tools for Caregivers (PTC) gives you the skills to take care of yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver.

Six class sessions held once a week are led by experienced class leaders. Class participants are given The Caregiver Helpbook to accompany the class and provide additional caregiver resources.

Caregiving takes many forms. You may help a relative or friend with:

- Transportation
- Housekeeping
- Grocery Shopping
- Personal Care

- Medications
- Emotional Support
- Doctor Appointments
- Social Activities

- Living Arrangements
- Financial Concerns
- Legal or Insurance Issues

Whether you provide care for a spouse, partner, parent, or friend; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The class will give you tools to help:

- Reduce Stress
- Improve Self-Confidence

- Manage Time, Set Goals, and Solve Problems
- Better Communicate Their Feelings

- Make Tough Decisions
- Locate Helpful Resources

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The PTC class is available in three formats: 90 minute or 2 1/2 hour class for caregivers of adults with chronic conditions, and the 2 hour class for caregivers of children with special health or behavioral needs. Classes meet once a week for six weeks.

Use the dropdown search tool to find a class near you. Class size is limited and registration is required; call the number listed by the class you wish to attend.

Purchase The Caregiver Handbook <https://store.extension.iastate.edu/Product/16199>

Classes are made available across the country almost every month. Here are the Dementia Society's tips for locating a class and getting started:

- 1. WHEN? First decide when you want to start. Sooner is almost always better. Use the momentum you have to get support propel you to get going. Too often life gets in the way, and we put things on the back burner - we don't take action. Action is one of the best forms of self-help.*
- 2. WHERE? Next, look to see if there are any classes starting near to you or in your own state. Or, choose a state that you've never been to, but would like to travel to someday, and pick a virtual online class open to those outside the state.*
- 3. HOW? Online or in-person? You may not have a choice. It might be great if an in-person class is close to you, and you want to be face-to-face. But, if you're not ready for meeting outside the home, the ability to get away is limited, or there are no classes local to you ... go virtual and do it on ZOOM. Either way, all classes are very beneficial.
 - a. If you do it on ZOOM, have a desktop/laptop PC/MAC, a tablet, or smartphone. A phone is harder to see everyone and participate, however.**

Find classes <https://www.powerfultoolsforcaregivers.org/class-type/caregiver-classes>. You may also scan the QR code below with your phone to search for classes.

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