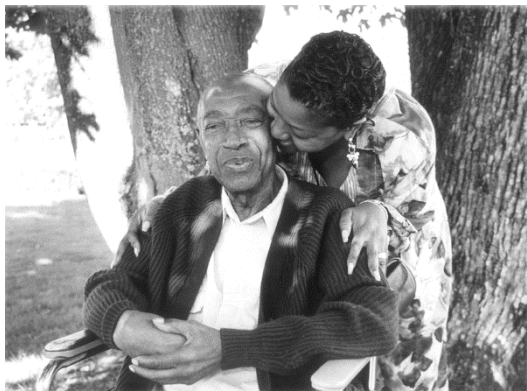


What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a class that 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.



Powerful Tools
FOR Caregivers

Caregiving can be a challenge, but it's easier when you're prepared.



Powerful Tools
FOR Caregivers

www.powerfultoolsforcaregivers.org

The PTC Headquarters in Portland, OR supports caregivers, Class Leaders, and Master Trainers in the US, Canada, and Korea. PTC is a 501(c)(3) nonprofit.

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

Are you a family caregiver?

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
- Communicate in challenging situations
- Make tough decisions
- Locate helpful resources



***When you take care of yourself,
everyone benefits.***

Powerful Tools FOR Caregivers

***Powerful Tools for Caregivers
classes available on Zoom or in-
person.***

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*"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'!"
- PTC Class Participant*