



# Powerful Tools for Caregivers Virtual Class

Nov. 2<sup>nd</sup> – Dec. 7<sup>th</sup>  
2020

Mondays 1:30-3:00 p.m.  
Cost \$5

Class capped at 20 participants

**Powerful Tools for Caregivers is an educational program designed to help family caregivers. 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, child, friend at home, in a long term care facility, or across the country.**

**This class gives you, the caregiver tools to:**

- **Help you reduce stress**
- **Communicate effectively**
- **Take care of yourself**
- **Reduce guilt, anger, and depression**
- **Help you Relax**
- **Make tough decisions**
- **Set goals and problem solve**

**This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making decisions about care facility placement, understanding depression and making decision about driving. This \$30 book is provided as part of a grant for caregivers.**

**Register Now Online at:**  
[www.wildwest.ksu.edu](http://www.wildwest.ksu.edu)

**Look under upcoming events on the right side.**

**Pay online or drop off a check at your local Extension Office made to the Wild West District.**