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

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.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact K-State Research and Extension, 620-544-4359. Kansas State University Agricultural Experiment Station and Cooperative Extension Service K-State Research and Extension is an equal opportunity provider and employer.