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.

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

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

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.
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 classes available on Zoom or in-person.

Contact: Stacy Ewing
410-819-5694
Stacy.ewing@maryland.gov

"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