

## Powerful Tools for Caregivers

March/April 2007

Feeling Stretched Caring For An Older Adult?

Balance Your Life

Powerful Tools for Caregivers

*Powerful Tools for Caregivers* is an educational series designed to provide you with the tools you need to take care of yourself.

This program will help family caregivers: reduce stress, improve self-confidence, better communicate your feelings, balance your life, increase ability to make tough decision and locate helpful resources.

Studies show that caregivers use 71% more prescription drugs; have a higher rate of depression; have 46% more physician visits; oftentimes become isolated from family and friends; experience loss of self and “time”; and experience financial losses. Many put their careers on hold, re-locate, or quit their jobs to provide care to a family member. More than 22 million households are currently caring for someone aged 50 and older. In 1999, it was estimated that family members and friends were providing the equivalent of more than \$196 billion in care. These figures continue to rise.

*Powerful Tools for Caregivers* program was developed by Legacy Caregiver Services, in Portland , Oregon . The program is based on the concept of self-efficacy; the more confident you feel about being able to accomplish a task, the more likely you will. *Powerful Tools for Caregivers* classes consist of six, 90-minute sessions held once a week. Experienced Class Leaders will conduct each session. Interactive lessons, discussions and brainstorming will help you take the “tools” you choose and put them into action for your life. There is a nominal fee for the program.

Classes are held valley wide through out the year. To get a list of current classes available visit the Area Agency on Aging website at [www.aaaphx.org/](http://www.aaaphx.org/), click on Family Caregivers then Powerful Tools for Caregivers. To get more information or to register, simply call the 24-hour Senior Help Line at (602) 264-4357 or (602) 241-6110 TTY/TDD.

*This article was written by Patrick Peters with Resources for Seniors & Caregivers. For more information he can be reached at 480-250-4008 or [pat@seniorb2bnetworking.org](mailto:pat@seniorb2bnetworking.org).*

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