

**“TAKING CARE  
OF YOU:  
POWERFUL TOOLS  
FOR CAREGIVING”**

**Developed by the  
Wisconsin Alliance for  
Family Caregivers, this  
6-week program  
focuses on “YOU”  
the caregiver.**

**YOU ARE NOT ALONE!  
FAMILY CAREGIVERS  
SUPPORT  
PROGRAM CAN HELP!**

**FOR MORE  
INFORMATION  
OR TO REGISTER FOR THE  
CLASS:**

**CALL THE ADAMS COUNTY  
UWEX  
OFFICE  
608-339-4237**

**- OR -**

**STOP BY THE ADAMS  
COUNTY  
COMMUNITY  
CENTER  
569 N. Cedar St.  
Suite 3  
Adams, WI 53910**

**Instructors are Pat Townsend, retired RN and Edie Felts-Podoll, Family Living Educator, Associate Professor, Department of Family Development, UW-Extension; both Edie and Pat are experienced family caregivers with their parents.**

**An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which is is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.**



Adams County

# Family Caregivers

Powerful Tools for  
Caregivers Workshop



**CARING FOR A  
LOVED ONE?**

**YOU ARE NOT  
ALONE!**

How YOU  
take care  
of YOU

while caring for another.

Communicating...  
feelings, needs  
and concerns.

Communicate effectively with the care-  
receiver,  
family members, &  
health-care professionals.

Stress Relievers:

Identify  
Take Action

Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City/State/Zip: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Caring for: \_\_\_\_\_ Age: \_\_\_\_\_

\_\_\_\_ Please call with more information

\_\_\_\_ Register me

Recognizing caring for  
others is not only  
rewarding, but at times  
stressful, the 6-week course  
designed for family  
Caregivers will cover:

**Taking Care of YOU Includes:**

- **Identifying and Reducing Personal Stress**
- **Communicating Feelings, Needs and Concerns**
- **Learning from Our Emotions**
- **Mastering Caregiving Decisions**

- **Class Size Limited to 12 Individuals.** If care receivers are willing and able to sit through the sessions they are welcome to attend as well.
- **Each Session will be 2 1/2 hours in Length 9:30 AM - Noon**
- **Program: Wednesdays**
- **Location: Adams County Community Center**
- **June 24, July 1, 8, 15, 22 & 29 2009**
- **Class is Free of Charge.**
- **Caregiver Helpbook Will Be Given to Class Members Who Participate in All Six Sessions.**
- **Graduates of Powerful Tools for Caregivers Will Be Included In Quarterly Support Group Meetings**

To Register contact:

UW-Extension  
569 N. Cedar St., Suite 3  
Adams, WI 53910

Phone: 608-339-4237

Email:

edith.felts-podoll@ces.uwex.edu