

Powerful Tools for Caregivers

Program 1 Sponsored by:

Bellin Health

Dates: Thursdays, September 1, 8, (Sept 15
–no session) 22, 29, October 6, 13
Extra date: October 20

Registration Deadline: August 25

Location:

Oconto County Courthouse
301 Washington Street (enter at the
Adams Street entrance)
Building A—Room 1003
Oconto WI 54153

Program 2 Sponsored by:

Community Memorial Hospital

Dates: Thursdays, October 1, 8, 15, 22
(Oct 29—no session), Nov 5, 12
Snow date: November 19

Registration Deadline: September 24

Location:

855 South Main Street
(Community Room A)
Oconto Falls WI 54154

BOTH SESSIONS:

Time: 1:00—3:30 p.m.

Fee: \$10.00 (payable to UW-Extension)
which includes a \$25 *Helpbook*.
(\$5 will be refunded upon completion
of 5 of the 6 sessions, or you may
donate back to the program.)

Name: _____

Address: _____

City/Zip: _____

E-Mail: _____

Phone: _____

I will attend: Session 1 Session 2

Register:

Info on-line: <http://www.uwex.edu/ces/cty/oconto/flp/CurrentPrograms.html>

E-mail: becky.dolata@co.oconto.wi.us

Phone: (920)834-6846 - **Fax:** (920)834-6853

Or fill out the form at left & mail along with fee
(payable to UW-Extension) to:
Powerful Tools, UW-Extension, 301
Washington St, Oconto WI 54153-1699

*This program facilitated by the following
certified instructors:*

**Donna Doll-Yogerst,
Family Living Agent**

920-834-6846

donna.doll-yogerst@ces.uwex.edu

Lorrie Ryczek, Extension Associate

920-604-1502 or lorrieryczek@aol.com

Oconto County UW-Extension

301 Washington Street, Oconto WI 54153

TDD: 920-834-7045 (indicated message
is for UW-Extension)

Website: [www.uwex.edu/ces/cty/oconto/flp/
index.html](http://www.uwex.edu/ces/cty/oconto/flp/index.html)

There is **financial assistance available** for those
in need. Are you caring for a person over 62 years
of age, are you a veteran caregiver, are you caring
for a veteran? If so, please contact us for further,
CONFIDENTIAL, information.

Workshop Sponsor:

Community Memorial Hospital
Bellin Health

Workshop Partners:

Oconto County Commission on Aging
Oconto County Dementia Care Network

For more information on

classes offered in Wisconsin:

Visit the Wisconsin Alliance for Aging
website at (*Click on the "Caregiving
Education" link on the left side of the page.*)

www.uwex.edu/ces/flp/caregiving/alliance



Powerful Tools for Caregivers



A Class for Caregivers



**September/October
2009 Session
Oconto County
Courthouse**

**October/November
2009 Session
Community Memorial
Hospital**



**Facilitated by:
UW-Extension**



**Developed by:
Legacy Health System**

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

Who is the class for?

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 another. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or across the country.



What does the class cover?

This class will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem-solve

Please note that this class will NOT focus on specific diseases or hands-on caregiving for the care receiver.



This program was developed by *Legacy Caregiver Services* in Portland, Oregon, and has been shown to reduce caregiver guilt, anger, and depression; improve caregiver self-care and communication skills; and increase community service use.

Class #1:

Taking Care of You

This class sets the stage for the entire course. It emphasizes that the focus is on “YOU, the caregiver, not on the family member receiving care,” and that caregivers will develop a “box of self-care tools.” Beginning in this class, caregivers make a weekly action plan for self-care.

Class #2:

Identifying & Reducing Personal Stress

Four steps are presented for effective stress management: 1) identifying early warning signs, 2) identifying personal sources of stress, 3) changing what you can change and accepting what you cannot change, and 4) taking action. Tools to reduce stress are discussed. Participants learn how to change negative self-talk—which increase stress and erodes confidence—to positive self-talk.

Class #3:

Communicating Feelings, Needs, & Concerns

Participants learn how to communicate their feelings, needs, and concerns more effectively by using “I” messages. Through brief dramatizations, participants experience the impact of both “I” messages and “You” messages (which tend to sound blaming and put people on the defensive). They practice changing “You” messages to “I” messages, and identifying when statements beginning with the word “I” are actually “Hidden You” messages.

Class #4:

Communicating in Challenging Situations

Participants practice two communication tools—assertiveness and Aikido—which are helpful in difficult situations. They learn a four-step process called DESC (Describe, Express, Specify, & Consequence) for using the assertive style of communication. With Aikido, participants learn how to align and find “common ground” with a person who is distressed. A segment highlights guidelines for communicating with a person who is memory impaired.

Class #5:

Learning from Our Emotions

The overriding theme of this class is “our emotions are messages we need to listen to.” It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings—especially anger, guilt, and depression—and resources for professional help.

Class #6:

Mastering Caregiving Decisions

Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions—including a seven-step decision-making model and the family meeting—are discussed.