

Lynn Fyanes

From: Powerful Tools For Caregivers A Program of Aging Strong <kkouba@jannus.org>
Sent: Thursday, December 28, 2023 1:22 PM
To: Lynn Fyanes
Subject: Powerful Tools for Caregivers- We are coming to Riggins January 23rd-February 27th 2024

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Working Together to Bring You:
POWERFUL TOOLS FOR CAREGIVERS WORKSHOP
Starting - JANUARY 23rd
RIGGINS, IDAHO

St Luke's Health Care System and Aging Strong have teamed up to bring the evidenced based Powerful Tools for Caregivers Workshop Series to McCall. This workshop is specifically, for **YOU, the caregiver.**

For Questions: Contact Shannon Nelson, St. Luke's McCall Care Coordinator at snelson@slhs.org or call 208-630-2379

REGISTER HERE

Riggins, Idaho FREE Workshop Begins JAN 23, 2024

Classes run for 6 consecutive
weeks: Jan 23rd - Feb 27, 2024

FORMAT: IN-PERSON

TIME: 2:00pm - 3:30pm

MEETS EVERY: Tuesday

**Heritage Center
109 S Lodge Street
Riggins, ID 83549**



Caregiver Burnout is Real -
Don't Wait Any Longer!

JOIN US TO LEARN:

- *Tips to Reduce Stress
- *Improve Self Confidence
- *Caregiver/Recipient Communication
- *Making Tough Decisions
- *Navigating Family Dynamics
- *Resources for Your Specific Needs

www.AgingStrong.org

Powerful Tools for Caregivers Weekly Class Descriptions

PTC Workshops are held once a week for 6 consecutive weeks. Please note that each weekly class builds on the next class. Your registration is for the entire 6 week series. The workshop and all materials are supplied at no cost. New workshops are announced monthly and we offer both online and in-person formats.

Week #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." The challenges of caregiving and significance of caregiver self-care are dramatized through a video. Beginning in this class, caregivers make a weekly action plan for self-care.

Week #2: Identifying and 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 increases stress and erodes confidence – to positive self-talk.

Beginning in this class, caregivers learn five relaxation activities that are easy to incorporate into their daily lives.

Week #3: Communicating Feelings, Needs, and 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.

Week #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, and 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.

Week #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.

Week #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.

Powerful Tools for Caregivers is a branch of the Aging Strong Programs by Jannus.
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