



Powerful Tools for Caregivers **Online** class for Ada, Adams, Boise, Canyon, Elmore, Gem, Owyhee, Payette, Valley and Washington Counties.

**Starting August 28th, 2024 On-Line**

**Powerful Tools Workshops are FREE!**

Powerful Tools for Caregivers Workshops are designed for YOU, the family caregiver. Classes require that either caregiver or care recipient are age 60 or older. **REGISTRATION IS REQUIRED!**

**To Register Go to [www.AgingStrong.org](http://www.AgingStrong.org) or call Karen at 208-947-4283 for assistance**

### Workshop details:

**Start Date:** August 28th, 2024

*Classes run **every Wednesday** for 6 consecutive weeks, August 28th –October 2nd, 2024*

**Time:** 1:30-3:00

**Location:** On-line

**Format:** Zoom (computer or tablet required)



### Have You Heard About Our Memory Café?

For people with memory loss and their caregivers. A safe space for people to mingle, learn, laugh and come together. Offered at NO COST! Meetings held monthly online and in-person. Contact Karen Kouba McIver for locations, dates and times.

## 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

For questions or assistance in registering for this class, or to schedule a Powerful Tools Workshop for your group, please reach out to:

**Karen Kouba-McIver, Project Lead**

**Phone:** 208.947.4283 **Email:** [kkouba@jannus.org](mailto:kkouba@jannus.org)



[www.AgingStrong@jannus.org](mailto:www.AgingStrong@jannus.org)

# Powerful Tools for Caregivers Weekly Class Descriptions

Powerful Tools 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: Take 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 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 Consequences) 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.