

Powerful Tools FOR Caregivers



Powerful Tools for Caregivers Can Help.

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidence-based, self-care educational program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver providers learn to minimize the potentially negative impacts of caregiving in a six week course delivered virtually in 90-minute sessions one day per week. Research on Powerful Tools for Caregivers has consistently shown increased self-efficacy for caregiver participants. In 2012, the PTC program was recognized by the Administration on Aging as having met its highest level criteria for evidence-based programs. A one session workshop, *Managing Caregiver Stress* can be taken as a stand alone class or as an introductory session to help caregivers decide whether the six week class feels like a good fit for them.

Improve the lives of family caregivers in your community...

Powerful Tools for Caregivers has served caregivers of adults with chronic conditions since 1998.

Caregivers benefit from the 6-week Powerful Tools for Caregivers Program whether they are:

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Long-distance caregivers
- In differing stages in their caregiving role
- From diverse rural, urban, or ethnic communities

“There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.”

- PTC Caregiver Class Participant

“My mother lives with me, she (we) are living with Parkinson’s Disease. The Powerful Tools For Caregivers Program connected me to others who compassionately listened, shared, and understood the many challenges of caregiving. The facilitator was thoughtful and the course full of resources. Thank you for making a difference in my life.”
- PTC class attendee, Sue Anderson

Powerful Tools for Caregivers Managing Caregiver Stress Workshop:

In this 90-minute Managing Caregiver Stress workshop, caregivers explore self-care behaviors; management of emotions; self-efficacy through coping mechanisms; and learn how to access community resources to support them.



Scan QR code or visit our website, ymcainw.org/programs/healthy-living/ for additional information, class dates & registration. Classes are conducted virtually via Zoom and are available at NO CHARGE to all caregivers in the community thanks to a generous sponsorship from Aging and Long Term Care of Eastern Washington (ALTCEW)

You may also register by phone. Call 509-777-9622 and tell the customer information specialist which class you would like assistance registering for.

Questions? Contact Mariah Vaynshteyn, YMCA Community Health Programs Coordinator: mvanyshteyn@ymcainw.org