

news release

Area 9 In-Home & Community Services
Agency
520 South 9th Street
Richmond, Indiana 47374-6230
765-966-1795 or 1-800-458-9345

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FOR IMMEDIATE RELEASE

May 4, 2009

Contact: Linda Sayne, Caregiver Coordinator
765-966-1795 or 1-800-458-9345

POWERFUL TOOLS FOR CAREGIVERS PRESENTED BY AREA 9 AGENCY

Powerful Tools for Caregivers is an educational program for family members caring for a frail older adult with the diagnosis of a chronic illness. It consists of six weekly 2½-hour sessions that will provide the caregiver with the tools that they need to take care of themselves and continue as an effective caregiver. Sessions include interactive lessons, discussions, and brainstorming that will help caregivers put these tools into action for their life. Caregivers will learn how to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Expand your planning expertise
- Increase decision-making skills
- Learn about helpful community resources
- Make new friends
- Take better care of your family member
- Take better care of yourself

Classes will be offered at:
Area 9 Agency
520 South 9th Street, Richmond
Tuesdays, 12:30pm-3:00pm
May 12th – June 16th

There is no cost to the participant, but class size is limited and pre-registration must be made. To register for a class, or for more information, contact Linda Sayne at 765-966-1795 or 800-458-9345.

Powerful Tools for Caregivers training can't take away caregiving problems, but it can help caregivers to manage them better, and to seek and find solutions. The goal is to help caregivers to thrive as individuals.

Comments from previous participants include:

"I encourage anyone with caregiver responsibilities or anyone who believes it is in their future, to participate in this program."

"Everyone should take this course. You will be surprised and pleased. Surprised that the weight is lifted from your shoulders. Pleased to learn how, who, and where people will eagerly help you. You are not in this alone."

"It [the class] has been wonderful. My attitude has improved immensely. I'm reaching out again."

“I gained confidence in myself that I am doing the best I know how.”