

## Who is the workshop for?

**Powerful Tools for Caregivers** is an educational program designed to help family caregivers (no professional caregivers, please). This program will help you take care of yourself while caring for a relative or friend. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home, or on the mainland.

## What does the workshop cover?

The workshop classes will give YOU, the family caregiver, tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and any 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 workshop will NOT focus on specific diseases or hands-on caregiving for the care receiver.

## Workshop classes consist of:

- Six class sessions held once a week
- Each session is 2 ½ hours
- Each session is led by two experienced leaders
- Interactive lessons, discussions, and brainstorming that will help you choose the tools that you can put into action to help you in your caregiving role.

## Your participation will make a difference!

To evaluate the program and find out how the workshop will benefit you and other caregivers, we will ask you to complete an evaluation.

Workshop size is limited so **PRE-REGISTRATION** is required.

To find out when the next workshops are scheduled and the location where they will be held. **CALL** the Senior Helpline at:

**768-7700**

## Includes a How-To-Do-It Book!

Each workshop participant will receive a book to accompany the workshop content.

The book contains chapters covering topics such as:

- Hiring in-home help
- Helping memory-impaired elders
- Making legal and financial decisions
- Making decisions about care facility placement
- Understanding depression
- Making decisions about driving



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 an increase in the use of community resources and services that help caregivers with their caregiving tasks.

## **Family Caregiver**

Are you a family caregiver? Many family members do not identify themselves as a “caregiver.”

A family caregiver is someone who helps a relative or friend with things that he/she cannot do because of a chronic medical condition’s disabling effects.

The help might include:

- Preparing meals
- Bathing and getting dressed
- Grocery shopping
- Cleaning the house
- Managing medications
- Paying bills
- Providing transportation to medical appointments
- Getting in and out of bed
- Arranging for services
- Helping with activities of daily living such as, eating, bathing, and toileting.

This publication is one in a series designed to help family caregivers of older adults who live at home and require assistance in activities of daily living. For more information about community services and programs, call the **Senior Helpline at 768-7700**.



**Mufi Hannemann**, Mayor  
City and County of Honolulu  
[www.elderlyaffairs.com](http://www.elderlyaffairs.com)

This project was funded by Title III of the  
Older Americans Act via the Elderly Affairs Division,  
Department of Community Services,  
City and County of Honolulu

# ***POWERFUL TOOLS for Caregivers***

**Workshop Classes  
for Family Caregivers**

**Elderly Affairs Division  
768-7700**