

# Powerful Tools FOR Caregivers

Helping you take care  
of yourself while caring  
for a friend or relative



## Care for you

Attend this ninety-minute **Powerful Tools for Caregivers** program once a week for six weeks. You will:

- Improve self-care behaviors, including exercise, relaxation and medical check-ups
- Improve emotional management including reducing guilt, anger and depression
- Increase self-confidence in coping with caregiver demands
- Increase the use of local community resources

### What participants say:

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me... and a healthier ‘us!’”

—Powerful Tools for  
Caregivers participant



**Juniper** is a statewide network grounded in your local community to help you live well, get fit and prevent falls.

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## This class is for you if you:

- Are a family caregiver of adults with long-term health conditions
- Would like to develop skills and confidence to better care for yourself while caring for others
- Would like to engage in learning weekly topics ranging from reducing your stress to communicating in challenging situations and mastering caregiving decisions

Research studies find high rates of depression and anxiety among caregivers and increased vulnerability to health problems.

Powerful Tools for Caregivers is an evidence-based education program that was developed over three years of pilot testing in Portland, Oregon and offered since 1998.

Powerful Tools for Caregivers meets the highest-level criteria of evidence-based disease prevention and health promotion programs by the Administration for Community Living/Administration on Aging.

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.

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