



*No more searching for information. This workshop provided the kind of practical solutions and the understanding I needed at a time when I was really at the end of my rope.*

## Oconto County UW-Extension

Family Living Program

Jill Cholewa, Agent

301 Washington St  
Oconto WI 54153

Phone:  
920-834-6848

Email:  
[jill.cholewa@co.oconto.wi.us](mailto:jill.cholewa@co.oconto.wi.us)

Website:  
<http://oconto.uwex.edu/>

Facebook:  
<https://www.facebook.com/Oconto-County-UW-Extension-127018444047591/posts>

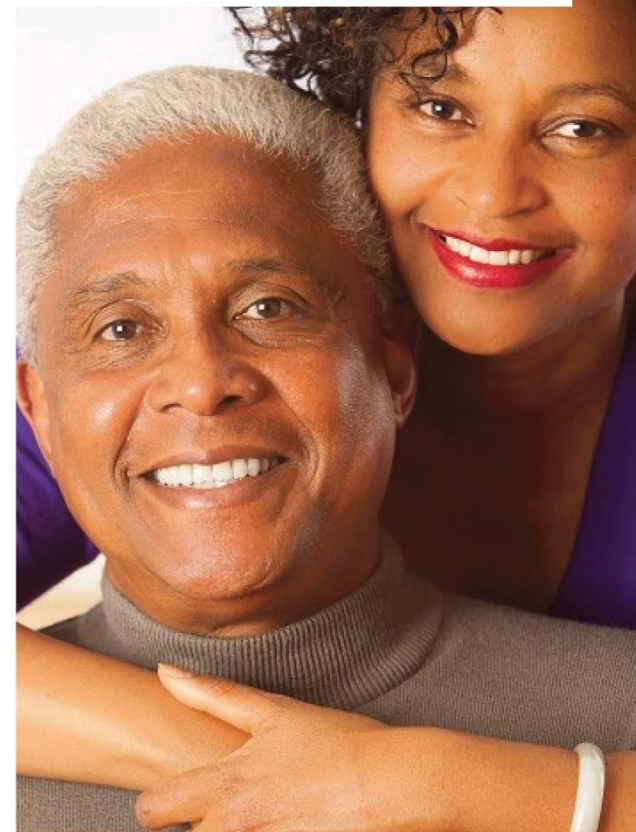


Wisconsin Institute  
for Healthy Aging

1414 MacArthur Rd, Suite B  
Madison, WI 53714  
(608) 243-5690 | [info@wihealthyaging.org](mailto:info@wihealthyaging.org)

Learn more about this and other  
healthy aging programs by visiting  
[wihealthyaging.org](http://wihealthyaging.org)

## Powerful Tools FOR Caregivers



**Caregiving can be a challenge,  
but it's easier when you're  
prepared.**

This 6-week evidence-based workshop  
gives you the confidence and support  
to better care for your loved one —  
and yourself.



## Are you a caregiver?

Like many people, you may not realize you're a caregiver. You might think of what you do as simply helping someone important to you. If you do any of the following, the Powerful Tools for Caregivers workshop is for you.

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility

*I never really thought of myself as a caregiver. After all, I was just helping my mom take care of my dad.*

*Eventually, I realized that neither mom nor I were going to be much help to dad if we didn't take better care of ourselves.*

Find a Powerful Tools for Caregivers workshop near you. Visit [wihealthyaging.org](http://wihealthyaging.org) and click on **Find a Workshop**.

## What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is a six-week workshop that teaches you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

*I wasn't taking care of myself — but I am now. I finally see how important that is.*

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter. This program will help you cope with the challenges that come with your role as caregiver.

*I learned that you don't have to go it alone. It's OK to ask for help.*

### The workshop gives you the tools to:

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with the person needing care, family members, doctors, and paid helpers

When you register, you will receive a book to help you:

- Recognize changes in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decisions about driving
- Help memory-impaired elders



*Caregiving is easier when you're better prepared to face the challenges that arise.*