

Caregiver U

www.caregiverUcentx.org

*presents*

# Powerful Tools *for* Caregivers

An exceptional series of 6 classes that addresses the challenges faced by those who provide unpaid care for an elder or an adult with a chronic illness.

Participants will learn and practice a variety of communication skills that result in better self-care and improved caregiving.



Led by trained facilitators • Proven effective at reducing stress

Dynamic and fun small group format

FREE • No cost for participation

**MONDAYS • 6:30-8:30 PM**

**April 7 - May 12**

*St. James' Episcopal Church*

1941 Webberville Road • Austin TX

To register and for more information about Powerful Tools for Caregivers please call 512-698-2550.

— *take the caregiver quiz on the other side!* —



THIS SERIES MADE POSSIBLE BY:



# are you a Caregiver?

According to statistics, more than 42 million individuals in the U.S. are family caregivers. Many caregivers, though, wouldn't claim that label. Those who don't identify with the role of a caregiver or take precautions to protect themselves from stress may not understand their risk for the physical and psychological impact of caregiver distress.

A family caregiver can be someone caring for a spouse, a parent, an extended family member and, even, a friend or neighbor.

Yes No

- I take time off from work to accompany a senior or chronically ill adult to doctor's appointments.
- I assist a senior or chronically ill adult with her grocery shopping.
- I help a senior or chronically ill adult with his finances.
- My senior or chronically ill adult calls me nearly every day with a question or problem.
- I changed vacation plans to accommodate the needs of a senior or chronically ill adult.
- I reduced my work hours or took family leave to help ensure a senior or chronically ill adult was well cared-for.
- I wake up at night worrying that a senior or chronically ill adult is OK.
- I often call on behalf of a senior or chronically ill adult to ask a question about a bill or to clear up confusion about a product or service.
- I've neglected time with my family and friends to help the senior or chronically ill adult I am caring for.
- I haven't been able to take part in hobbies or recreational activities because of the time I spend caring for a senior or chronically ill adult.

**If you checked "yes" to any of these 10 examples, you are a caregiver and should understand the need to protect yourself from the debilitating distress that could come with that role.**

**We can help.**

## **Powerful Tools for Caregivers**

See reverse side for information on upcoming classes

*If there's an obstacle preventing you from attending, please call us.*

*We'll work with you to get you there!*

*(512) 698-2550*