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 or someone who lives at home, in a nursing home, or across the country.

This class will give you, the family caregiver tools to:

- Help you reduce stress
- Communicate effectively with other family members, your doctor, and paid help
- Take care of yourself
- Reduce guilt, anger, and depression
- Help you relax
- Make tough decisions
- Set goals and problem solve

This online class includes the Caregiver help book which covers topics such as: hiring in-home help, helping memory impaired elders, making legal and financial decisions, making decisions about care facility placement, understanding depression, and making decisions about driving.

Register online at: https://conta.cc/39kYP62 or johnson.k-state.edu
Or Call: 913-715-7000