

Powerful Tools FOR Caregivers

Become a Class Leader for Powerful Tools for Caregivers

Powerful Tools for Caregivers is a self-care education program for family caregivers. The program provides them with tools and strategies to better cope with the challenges they face when caring for a frail family member or friend.

The 6-week scripted curriculum has been shown to improve:

- Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of local services)

The Powerful Tools for Caregivers program is an evidence-based education program that utilizes a train-the-trainer method of dissemination. If you would like to offer this 6-week class for caregivers in your community, you must become a trained Powerful Tools for Caregivers Class Leader. Class leader trainings are offered throughout the year around the country.

Powerful Tools for Caregivers Leader Training

Land of Sky Regional Council

339 New Leicester Hwy
Suite 140, Asheville

May 31 and June 1
8 am - 5 pm



Participants must attend both days and will receive the training and materials they need to provide this training for family caregivers. \$100.00 for people from Buncombe, Henderson, Madison, and Transylvania Counties, \$250.00 for others. Scholarships are available for independent volunteers.

For more information or to receive an application packet contact Carol McLimans 828-251-7439 or carol@landofsky.org.

Applications will be accepted until April 20, 2017.

Additional information available at powerfultoolsforcaregivers.org

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**LAND
OF SKY**
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