

Comments From Caregivers

- “Looking at the positive attributes of my situation rather than the negative, allowed me to become a better caregiver for my father”
- “As a result of the class I believe that I am a more confident caregiver and am able to effectively communicate with my patients.
- “The stress relief exercises were really helpful and I was able to put what I learned to use right away. This allowed me to focus more on my husband’s needs rather than my own.”
- “These classes showed me how to take better care of myself”
- “This class allowed me to understand that everyone’s situation is not the same, therefore my patients cannot be given the same treatments. Each patient must be treated differently according to his or her needs.”
- “As a caregiver, I tend to get aggravated and I was able to learn how to deal with my anger, guilt, and depression.”
- “The entire program within itself was excellent as a whole. I was at a difficult point in my caregiving career, and I needed help. My help came at the right time. I am eager to learn even more.”
- “I am now able to recognize the signs of stress and have learned how to relieve it.”



Sponsored By:

Valdosta State University
Department of Social Work

Southern Georgia Area Agency on Aging

For more information please contact:
MY FRIEND'S HOUSE



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*MY FRIEND'S
HOUSE*

A 6 week class designed for caregivers
and their families

Our Mission:

- To support Caregivers of older adults in a way that enhances their well being as they care for others.



- Classes are held weekly for 6 weeks.
- Classes are taught by trained class leaders.
- All class materials will be provided to participants free of charge, including a copy of *The Caregiver Helpbook*, which has been developed specifically for the class by Powerful Tools for Caregivers.

Class Outcomes:

Caregivers will develop self-care tools in order to reduce personal stress, change negative self-talk, enhance communication skills to family members and health care service providers, and recognize the messages in their emotions.



Topics of Education

- Reduce personal stress.
- Communicate feelings and needs.
- Using community resources.
- Deal with emotions such as anger, guilt and depression
- Make tough caregiving decisions.
- Learning how to ask for help without feeling guilty.

Program Origins and Development

Powerful Tools for Caregivers(PTC) and all materials were developed over 3 years of testing, refinement, and evaluative research to assess the program's effectiveness. Through grant

funding, the program has been offered for over 12 years. Currently, over 2,200 Class Leaders have been trained in 36 states. Since the program's inception, Powerful



Tools for Caregivers materials have reached over 80,000 caregivers.

PTC is based on the highly successful Chronic Disease Self-Management Program developed by Dr. Kate Lorig and her colleagues at Stanford University. Powerful Tools for Caregivers is a national program sustained by extensive collaborations with community-based organizations.