More than 44 million people in the United States are providing either full-time or part-time unpaid care for a family member or loved one over the age of 18 who is ill or has a disability. The impact on those caregivers is huge — physically, emotionally, and financially.

**Powerful Tools for Caregivers** is a six-week series specifically designed to help caregivers learn to take better care of themselves. It does not teach hands-on care or focus on disease conditions.

Powerful Tools is presented by certified lay leaders in either 1½ or 2½ hour sessions. The workshop uses an “evidence-based” curriculum, meaning it has been studied and found to have significant positive results for participants.

**Participants will learn to:**
- Reduce stress
- Improve caregiving confidence
- Establish balance in their lives
- Communicate their needs
- Make tough decisions
- Locate helpful resources

**Participants who took the workshop demonstrated:**
- Improved confidence in coping with the demands of caregiving
- Reduced guilt, anger and depression
- Increased use of exercise, relaxation techniques, and medical check-ups
- Increased awareness and use of community resources

“I understand now that it is okay for me to take care of myself.”

Workshop participant, Powder Springs

Learn more about Powerful Tools for Caregivers. Call Lynda Conner at 470-378-1630 or lconner@atlantaregional.org.

Powerful Tools for Caregivers is based on the highly successful Chronic Diseases Self-Management Program developed by Dr. Kate Lorig and colleagues at Stanford University. Since the program’s inception, Powerful Tools for Caregivers has reached more than 80,000 caregivers.