

Sign Up Now!

Join an evidence-based, self-care education program for family caregivers, effective for diverse populations including rural, ethnic minorities, adult children of aging parents, well spouses/partners, and caregivers of children with special needs.

Powerful Tools for Caregivers (PTC) is:

- A national evidence-based self-care education program for family caregivers
- Not a support group but rather a six-week education program where focus is on the caregiver and developing skills and knowledge for self-care

Powerful Tools for Caregiver (PTC) classes are co-led by certified, experienced class leaders, and research indicates that PTC program improves:

- Self-care behaviors
- Management of emotions
- Self-efficacy
- Use of community resources

In six-week PTC class, caregivers develop a wealth of self-care tools to:

- Reduce personal stress.
- Change negative self-talk.
- Communicate their needs to family members and healthcare or service providers.
- Communicate more effectively in challenging situations.
- Recognize the messages in their emotions, deal with difficult feelings.
- Make tough caregiving decisions.

For class information or to register, visit www.ndc3.org

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NDSU

EXTENSION

Powerful Tools for Caregivers

