Powerful Tools for Caregivers – Virtual Class Series

It’s a fact, caregivers have higher levels of stress than non-caregivers. If you are serving as a caregiver to a loved one, I want you to know you are fulfilling a valuable role! I also want you to know, that it is ok to take care of yourself too. We can help with that!

The River Valley District, along with the Midway and Meadowlark Districts are providing Powerful Tools for Caregivers, a virtual educational series designed to help family caregivers. You will benefit from this class whether you are caring for a parent, spouse, child, friend, or someone who lives at home, in a nursing home, or across the country. The series is designed to help reduce stress, improve self-confidence, communicate feelings better, balance life, increase the ability to make tough decisions, and locate helpful resources.

Powerful Tools for Caregivers runs for 6 weeks with one session per week. The virtual series begins on Tuesday, March 7th, and runs through Tuesday, April 11th. Each class will begin at 2:00 p.m. and last for about 90 minutes. Interactive lessons, discussions, and brainstorming will help you take the “tools” you choose and put them into action for your life. The cost of the class is $10 and this cost covers the Caregiver Help Book. Some of the topics include 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.

Class size is limited and pre-registration is required for this educational series. If you have questions about the series or would like to register, please call Adult Development and Aging Agent, Jordan Schuette in the Washington Office at 785-325-2121.

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