

Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six week, evidence based class for unpaid caregivers that is being offered at Malheur Council on Aging. This class improves management of emotions, self confidence, and use of community resources. The focus of this class is on the needs of the caregivers and covers a variety of topics from managing stress to communication with family, health care professionals, etc.

Classes will run on Wednesdays, from 1:00 pm to 2:30 pm. Respite care can be provided. The class is valued at \$375 but is being offered for a cost of \$25.00.

Sponsorships can be requested through MCOA.

Class Schedule:

Week 1– August 17

Week 2– August 24

Week 3– August 31

Week 4– September 7

Week 5– September 14

Week 6– September 21



To Register or for more information please
contact:

Malheur Council on Aging

(541)889-7651

info@mcoacs.org

Class Descriptions

Class #1: *Taking Care of You*

This class sets the stage for the entire course. It emphasizes that the focus is on “YOU, the caregiver, not on the family member receiving care,” and that caregivers will develop a “box of self-care tools.” The challenges of caregiving and significance of caregiver self-care are dramatized through a video. Beginning in this class, caregivers make a weekly action plan for self-care.

Class #2: *Identifying and Reducing Personal Stress*

Four steps are presented for effective stress management: (1) Identifying early warning signs, (2) Identifying personal sources of stress, (3) Changing what you can change and accepting what you cannot change, and (4) Taking action. Tools to reduce stress are discussed. Participants learn how to change negative self-talk – which increases stress and erodes confidence – to positive self-talk. Beginning in this class, caregivers learn five relaxation activities that are easy to incorporate into their daily lives.

Class #3: *Communicating Feelings, Needs, and Concerns*

Participants learn how to communicate their feelings, needs and concerns more effectively by using “I” messages. Through brief dramatizations, participants experience the impact of both “I” messages and “You” messages (which tend to sound blaming and put people on the defensive). They practice changing “You” messages to “I” messages, and identifying when statements beginning with the word “I” are actually “Hidden You” messages.

Class #4: *Communicating in Challenging Situations*

Participants practice two communication tools – assertiveness and Aikido – which are helpful in difficult situations. They learn a four-step process, called DESC (Describe, Express, Specify, and Consequence) for using the assertive style of communication. With Aikido, participants learn how to align and find “common ground” with a person who is distressed. A segment highlights guidelines for communicating with a person who is memory impaired.

Class #5: *Learning From Our Emotions*

The overriding theme of this class is “our emotions are messages we need to listen to.” It emphasizes that feelings occur for a reason and that feelings are neither good nor bad. Focus is on identifying constructive ways for dealing with difficult feelings – especially anger, guilt, and depression – and resources for professional help.

Class #6: *Mastering Caregiving Decisions*

Focus is on the internal emotional process caregivers go through when they experience a life change. Tools for dealing with changes and for making tough decisions – including a decision-making model and the family meeting – are discussed.