



**We know that taking care of someone can be hard – even someone you love.** Because finding support is so important, we'll help you find a way to attend the workshop:

**I don't have time to attend a class.** It can be hard to make time for the workshop, but the skills you learn and information you receive can save you time and frustration in the long run. Participants tell us that the time spent learning from and talking with others with similar experiences is invaluable.

**I financially cannot afford a six week class.** We understand, and all materials will be provided free of charge through the FVHO Fight Back Foundation.

**Questions?**

Contact Jean Monson at FVHO  
[jmonson@fvho.org](mailto:jmonson@fvho.org) or  
(920)702-4816.

## Powerful Tools FOR Caregivers

Register in advance to Jean Monson  
[jmonson@fvho.org](mailto:jmonson@fvho.org) or (920) 702-4816.  
Deadline: Sept. 29, 2017



Working in conjunction with:



Wisconsin Institute  
for Healthy Aging

## Powerful Tools FOR Caregivers



A complimentary six-week program that helps caregivers better care for their loved one – and themselves

**Wednesdays  
Oct. 4-Nov. 8, 2017  
1 pm-3 pm**

**FVHO Health & Wellness Center  
3925 N. Gateway Dr. Appleton**

*For planning purposes, advanced registration is required.  
Deadline: Sept. 29  
Space is limited.*



**Powerful Tools for Caregivers** is a six-week workshop that will teach you how to take care of yourself while caring for someone else. By taking care of your own physical, emotional, and financial needs, you become a better caregiver.

Are you helping a spouse, partner, parent, or friend? Someone who lives at home or in a nursing facility? Someone close by or across the country? It doesn't matter. This program will help you cope with the challenges that come with your role as caregiver.

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**Cost:** Materials for this six week series will be provided by the FVHO Fight Back Foundation. The Helpbook alone is valued at \$25.

 **FIGHT BACK FOUNDATION**  
FOX VALLEY HEMATOLOGY & ONCOLOGY



### **The workshop will give you tools to:**

- Reduce stress, guilt, anger, and depression
- Manage your time, set goals, and solve problems
- Master caregiving transitions
- Make tough decisions
- Communicate effectively with your care receiver, family members, doctors, and paid helpers

At the class, you will receive "The Caregiver Helpbook," which provides information on how to:

- Recognize a change in someone who may need extra help
- Hire in-home help
- Recognize and understand depression
- Make decision about driving
- Help memory-impaired elders



### **Is Powerful Tools for you?**

#### **Are you a caregiver?**

You are, if you:

- Help someone with medication
- Grocery-shop for or with someone
- Take someone to doctor visits and interpret medical instructions
- Check on dietary needs
- Manage cleaning, laundry and other household chores
- Care for someone who doesn't live near you
- Provide care or support for someone in your home, in theirs, or in a facility

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**Registration:** Space is limited for this program and advanced registration is required. To register for the program contact:

**Jean Monson**  
**920-702-4816**  
**[jmonson@fvho.org](mailto:jmonson@fvho.org)**

Powerful Tools  
**Caregivers**