



Powerful Tools for Caregivers

Workshops for Loved Ones

Caring for a loved one is one of the most rewarding things you will ever do...and it's also one of the most stressful. **Area Agency on Aging 3** can help you develop tools and strategies to face the challenges of caregiving, such as:

- **Identify and reduce personal stress**
- **Communicate your own feelings, needs, and concerns**
- **Communicate in challenging situations**
- **Learn from your emotions**
- **Master caregiving decisions**

PTC is a nationally-known, evidence-based program, recognized by the Administration for Community Living/ Administration on Aging.

Register online at AAA3.org or call 1.800.653.7723 to register for this **FREE** program.

Powerful Tools FOR Caregivers TESTIMONIALS

“There was a common bond. We were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.”

“I am a retired Geriatric Nurse Practitioner with 50 years in health care and have learned that the training and the resultant change which caregivers experience through Powerful Tools far exceeds any caregiver training which I have participated in over the years.”

“After taking this class I am a more confident caregiver! Having tools to resolve problems is a definite advantage in becoming a better caregiver and a happier, wiser, healthier me...and a healthier ‘us!’”



Let us help you care for the ones you love. Register for this free class today.



Area Agency on Aging 

Integrity. Independence. Quality of Life.

419.222.7723 • 1.800.653.7723



www.aaa3.org

