

**MICHIGAN STATE  
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**Caring for the Caregiver**

**13<sup>th</sup> Annual Art and Science of Aging  
Conference  
February 23, 2018**

**Powerful Tools  
Caregivers**

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**Overview**



- Recognize the importance of caregivers and caring for self in long-term caregiving situations
- Practice some strategies of positive self-care through sampling Powerful Tools for Caregivers
- Determine how the Powerful Tools for Caregivers workshop can complement current programming

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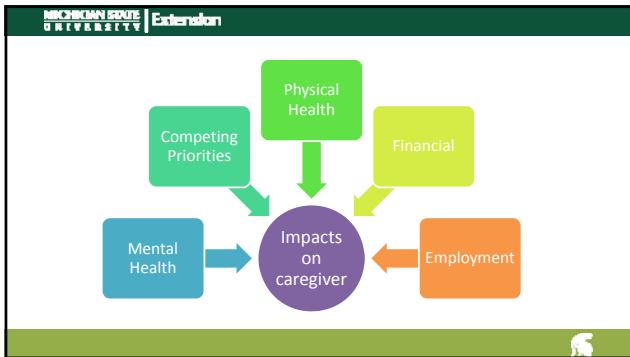
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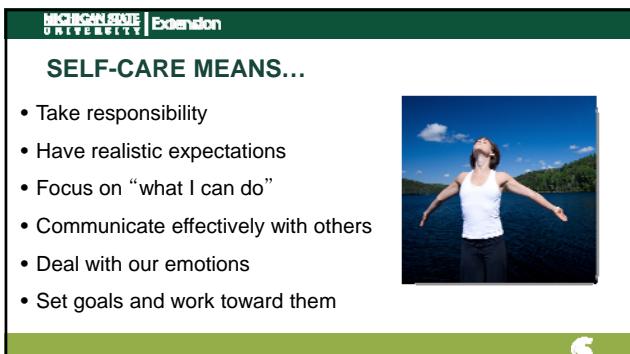
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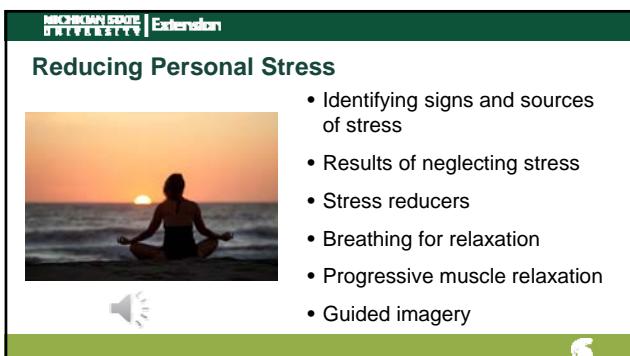
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**Action Plan**

- Something YOU want to do
- Reachable
- Behavior specific
- Answers:
  - What?
  - How much?
  - When?
  - How often?
- Confidence level



**STYLING TIP**

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**Powerful Tools Format**

- Six lessons taught once a week for six weeks
- Three versions
  1. Worksite Wellness – 90 minutes per lesson
  2. General Caregivers – 2.5 hours per lesson
  3. Parents & Caregiver of Special Needs Children – 2.5 hours per lesson
- Two facilitators required
- Caregiver handbook – loaned or purchased (\$30)

**STYLING TIP**

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**How does this fit with what you do?  
Do you have any questions or comments?**

**Powerful Tools  
FOR  
Caregivers**

**STYLING TIP**

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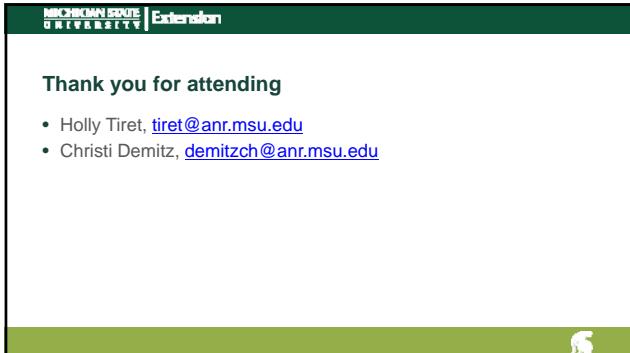
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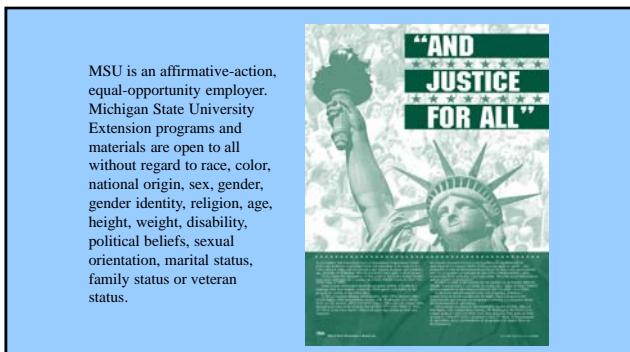


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Thank you for attending

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