

You are a *Caregiver*..

if you are responsible for assisting a family member or loved one with meeting the demands of a chronic illness or disability.

Studies have shown that caregivers:

- Use 71% more prescription drugs
- Have a higher rate of depression
- Have 46% more physician visits
- Experience loss of self, time, and money
- Become isolated
- Have a 63% higher mortality rate than non-caregivers of the same age.

*For information about future
Caregiver Classes scheduled*

Please contact:

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*For information about
Class Leader Training*

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Brochures Courtesy of:
THE BUCKINGHAM
Houston's Premier Senior Living Community
www.buckinghamhouston.com

www.interface-samaritan.org



Powerful Tools for *Caregivers*

Powerful Tools for Caregivers

is an educational program designed to equip family caregivers with effective self-care tools. This program focuses on the caregiver, not the care recipient.

You will benefit from this class whether you are helping a parent, child, spouse, friend, neighbor, someone who lives at home, in a nursing home or across the country.

What is Powerful Tools for Caregivers?

- A free six week educational program.
- One class per week.
- Led by trained facilitators.
- It is evidence based.
- Offering effective self-care tools.
- Involves Interactive group lessons, discussions, and brainstorming.

Powerful Tools for Caregivers was developed by Legacy Health System in Portland, Oregon. It was discovered and brought to Texas by Interface-Samaritan Counseling Centers. The first Class Leaders Training in Texas was funded by The Buckingham, a premier retirement community in Houston. The training took place at Interface-Samaritan Headquarters near the Galleria.

These Class Leaders receive two full days of training and are certified to lead caregivers through each two hour class.

Over the six weeks Powerful Tools for Caregivers can enable caregivers to develop a wealth of self-care tools to:

- Reduce personal stress
- Change negative self-talk
- Communicate their needs to family members and healthcare/service providers
- Communicate more effectively in challenging situations
- Recognize the messages in their emotions
- Deal with difficult feelings.

These tools will not eliminate all problems but they can provide techniques, knowledge, and support to better cope with and successfully manage the demands of caregiving.

Records from previous class participant evaluations indicate:

- Significant improvement in behaviors - increased exercise, use of relaxation techniques, and health self-care.
- Improved emotions – including managing anger, guilt, and depression.
- Increased self-confidence in coping with caregiver demands.
- Increased use of community services – locating valuable resources.
- Better balance & organization in life.

For more information: 713.626.7990 · www.interface-samaritan.org