

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility, whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

This six-week class series gives you the confidence and support to better care for your loved one – and yourself.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues.

Local Powerful Tools for Caregivers classes:

- To register by email, contact Frankie Hobbs @ frankie.hobbs@duplincountync.com or call Duplin County Senior Services at 910-296-2140. **Deadline to register is Friday, April 4, 2025.**
- Eligible caregivers attending the class may be below the age of 60. The caregiver will receive “The Caregiver Helpbook” which follows the curriculum and provides additional tools to address specific caregiver issues.
- Class meets once a week for six weeks, for 90 minutes. Monday’s (2:00-3:30 p.m.); April 14, 21, 28, 2025; May 5, 12, 19, 2025 at the senior center located on 156 Duplin Commons Drive, Kenansville, N.C. ***Classes are free and include the caregiver handbook. Light refreshments will be provided with each session.***

“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!’”

- PTC Class Participant

Powerful Tools for Caregivers is owned and managed by Iowa State University of Science and Technology.