Do you struggle with taking care of a loved one?

Powerful Tools for Caregivers

This 6-week program will help you take care of yourself while caring for a relative or friend (no professional caregivers, please). You will benefit from the workshop whether you are helping a parent, spouse, friend or someone who lives at home, in a nursing home, or across the country. Please note that this workshop will not focus on specific diseases or hands-on caregiving for the care receiver.

This workshop will give YOU, the family caregiver, tools to:

» Help you reduce stress
» Communicate effectively with other family members, your doctor, paid help
» Take care of yourself
» Reduce guilt, anger, and depression
» Help you relax
» Make tough decisions
» Set goals and problem-solve

The workshop covers the following topics:

• Hiring in-home help
• Understanding depression
• Helping memory-impaired elders
• Making decisions about driving
• Making legal and financial decisions
• Making decisions about care facility placement

Upcoming Workshop

Online Zoom Workshop – No Cost

Wednesdays, Sept 16-Oct 21 2020 3-4:30pm EST

To register go to: https://events.anr.msu.edu/PTCSept2020ShannonLauraKris/

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