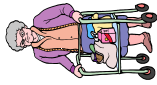


## Don't use these excuses for NOT taking this class:



*I can't leave my loved one alone...*

We understand, and will provide help so you can attend this important event to learn the tools to "Take Care of You!"



*I don't have time to come to a class.*

Although we can't add hours to your day, we can guarantee that the time you spend in class will be worthwhile and make the rest of your time more enjoyable and productive.



*Our budget is tight, and besides I don't have a ride to the class...*

We can find a scholarship for your registration and help arrange a ride for you to class each week.

If you have other reasons not to come ... give us a call. We can help solve any other barriers you may have from joining us for this class!



## Are You Taking Care Of An Elderly Loved One?

Did you know that the majority of care is provided by family and friends without any public or professional support?



Caregiving can mean assisting with tasks such as bathing, dressing, or housekeeping or it may include

helping with bill paying, decision-making, finding resources, or with emotional support. More than a quarter of adults have cared for a family member or friend, who is chronically ill, disabled or elderly, at some point in the past year and approximately 85% of all home care is provided by unpaid caregivers. As the needs of loved ones increase, so do the responsibilities and challenges faced by the person providing care.

## How Can This Class Help Me?

Caregivers need to take time to care for themselves. If you want to provide good care to your loved one, you must also take care of yourself.

Studies have found that caregivers are at increased risk of depression, anxiety and other health problems. We can't stop chronic illness in others, be we can be responsible for our own care. If we don't take care of ourselves, it's impossible to effectively take care others.

This educational class can help you learn the techniques to care for yourself.

## EDUCATIONAL TRAINING CLASS FOR FAMILY CAREGIVERS

# “Taking Care of You”

## Powerful Tools for Family Caregiving



For more information call:  
608-758-8455

## Who is the class for?

**Taking Care of You: Powerful Tools for Caregiving** is designed for family caregivers (no professional caregivers, please) of elders or persons impacted by serious illness or injury. Whether you are helping a spouse, parent, friend, someone who lives at home, in a nursing home, or across the country, it doesn't matter. What is important is that you are interested in learning some tools to help YOU in your caregiving role.

## What does the class cover?

- You will learn tools to:
- \*Help you reduce stress
  - \*Take care of yourself
  - \*Reduce guilt, anger and depression
  - \*Help you relax
  - \*Make tough decisions
  - \*Set goals and solve problems
  - \*Communicate effectively with other family members, your doctor, and paid helpers.

This class is offered jointly by the:

Rock County Council on Aging  
National Family Caregivers  
Support Program  
And the  
Alzheimer's Support Center

## When and Where is the class held?

The class will be held in two locations this year. This is a seven-week series which meets for two and a half-hours once each week.

Dates: Mondays  
Starting 4/6 through 5/18  
Time: 1:00 to 3:30 p.m  
Location: Huntington Place  
3801 N Wright Rd, Janesville  
\*\*\*\*\* OR \*\*\*\*\*

Dates: Wednesdays  
Starting 10/7 thru 11/18  
Time: 1:00 to 3:30 p.m  
Location: Riverside Terrace  
3055 S Riverside Dr, Beloit  
(Corner of Riverside Dr [Hwy51] and  
Inman Parkway)

## What is the cost?

The total cost for all seven classes is only \$5.00 and includes use of a How-to-do-it book, which accompanies the class content. This book contains 15 chapters including:

- \*Hiring in-home help
- \*Making financial decisions
- \*Understanding depression
- \*Making decisions about driving
- \*Helping memory-impaired elders

## You are invited to join us for this class!

Complete this registration form and mail to the address below or call 758-8455 to register. The classes start soon! Register soon as class size is limited.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

I would like to attend the "Taking Care of You: Powerful Tools for Caregiving" class located at: \_\_\_\_\_.

- I will need respite care for my loved one\*.  
 I will NOT need respite care for my loved one.

\*If you do need respite care, contact Council on Aging a few weeks before the class to work out the details

## Mail Registration to:

Rock County Council on Aging

Attn: Caregiver Class

51 South Main Street

Janesville, WI 53545

OR

Call 758-8455 to Register!