



Powerful Tools for Caregivers Can Help

Caring for a family member or friend with a chronic condition can be physically, emotionally, and financially draining. This highly effective, evidence-based, self-care education program for family caregivers, builds the skills caregivers need to take better care of themselves as they provide care for others. Caregiver participants learn to minimize the potentially negative impacts of caregiving in a six-week program emphasizing self-care and empowerment. Research on *Powerful Tools for Caregivers* has consistently shown increased self-efficacy for caregiver participants.

Become a Certified PTC Class Leader

This two-day leader training prepares and certifies PTC class leaders to successfully co-lead the six-week *Powerful Tools for Caregivers* class series. The training program includes:

- Scripted curriculum for both the caregivers of adults with chronic conditions as well as the caregivers of children with special needs classes
- Intensive, experiential, and interactive training provided by a team of certified PTC Master Trainers
- Learning and practicing group leadership and facilitation skills
- Continental breakfast and lunch
- One-time certification fee

Certified PTC Master Trainers will conduct the class leader training so you may bring *Powerful Tools for Caregivers* to your community. Class leaders will be fully prepared to co-lead *Powerful Tools for Caregivers* classes to groups of up to 15 family caregivers.

Improve the Lives of Family Caregivers in Your Community

Powerful Tools for Caregivers has served caregivers of adults with chronic conditions since 1998. After successful pilot classes, PTC is pleased to expand the population of caregivers served to include caregivers of children with special health and behavioral needs (including minors and adult care receivers with special needs). Please note separate scripts for these distinct caregiving populations are used. The program's self-care emphasis remains the same. The examples and scenarios with the tools and a new DVD have been tailored to address the specific needs of each caregiver population.

Caregivers benefit from the PTC 6-week series of classes whether they are:

- Spouses/partners of an adult with a chronic condition
- Adult children of aging parents
- Parents of children with special health and behavioral needs
- Grandparents raising grandchildren with special needs
- Long-distance caregivers
- In differing stages in their caregiving role
- From diverse rural, urban, or ethnic communities



PTC Class Leader Certification Program



Powerful Tools for Caregivers is:

- Proven to produce results
- Easily implemented
- Attractive to funding sources
- Based on solid research
- Comprehensive and well packaged



What do you have to offer?

Class leaders may be professionals or volunteers from healthcare, social services, or faith based-organizations. Class Leaders are encouraged to enroll as local teams of two but may also team with previously trained *Powerful Tools for Caregivers* class leaders to conduct six-week class series in their community.

Potential class leaders must have:

- Excellent communication and organizational skills
- Flexibility, openness, and a genuine interest in facilitating positive change for family caregivers
- A sponsor organization to support ongoing program sustainability
- Commitment to co-leading two, 6-week series of classes within a year of becoming trained

Powerful Tools for Caregivers Class Leader Training

- **Dates:** November 7 & 8, 2018
- **Time:** 8:00 A.M. to 4:30 P.M.
- **Location:** Cumberland County
Council on Older Adults
339 Devers Street
Fayetteville, NC 28303
- **COST:** \$350.00

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What people are saying about Powerful Tools for Caregivers

“Thank you for having developed an incredibly simple program where family caregivers can find the tools they need to manage their lives and care for those they love!”
— PTC Class Leader

“Some of the finest hours I’ve had in the past years were leading PTC classes and conducting Class Leader trainings for people who have gone on to conduct numerous classes for caregivers.”
— PTC Master Trainer

“There was a common bond, we were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned that it was important to take care of me.”
— PTC Caregiver Class Participant

**Additional information about the program may be found on the
powerfultoolsforcaregivers.org website**