

# Powerful Tools for Caregivers:

## What is it?

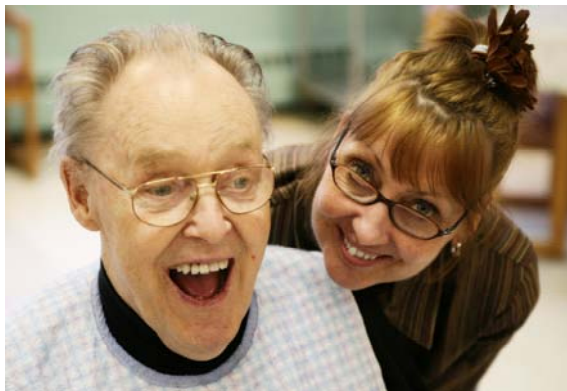
An educational program for friends and relatives acting as caregivers for an adult with a chronic medical condition.

## What does it involve?

Six weekly 2½ hour or 90 minute interactive training sessions taught by certified Class Leaders.

## What will caregivers gain?

Tools and self-care skills which will help them take better care of themselves and enable them to continue being effective caregivers.



Now YOU can become a trained Class Leader and bring *Powerful Tools for Caregivers* to your community:

## CLASS LEADER TRAINING

An intensive, experiential and interactive three-day program led by a team of Master Trainers.

### Training Includes:

- Scripted curriculum for all classes
- Video, audio tape, and a participant's guide, *The Caregiver Helpbook*
- Information on marketing in Montana
- Breakfast and Lunch
- Licensing fee

Once trained, Class Leaders will be prepared to teach groups of 10-15 caregivers the necessary self-care skills outlined by the program.

### Class taught by Certified Master Trainers:

- Sandra Bailey, Ph.D., CFLE  
MSU Extension Family & Human Development Specialist
- Lynn Paul, R.D., Ed.D.  
MSU Extension Food & Nutrition Specialist

## Powerful Tools for Caregivers Registration

Enclosed is a check for \$75  
(we are unable to accept credit/debit cards)

I am interested in attending, but would like to be considered for a scholarship to assist with the cost of registration.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone (      ) \_\_\_\_\_

e-mail \_\_\_\_\_

Agency/organization for which you work (if applicable) : \_\_\_\_\_

Please note that travel, lodging and dinner are the responsibility of the attendee.

Please send registration and payment by **April 16th** to:

Powerful Tools for Caregivers Training  
Attn: Joan  
316 Herrick Hall  
Montana State University  
Bozeman, MT 59717

Make checks payable to:  
MSU Extension, PTC Training

For more information please contact us:  
(406) 994-3395 ♦ baileys@montana.edu

✂Clip here and send by April 16



If you are a professional or volunteer from a healthcare, social service, or faith-based organization and have excellent communication and organizational skills, you may have an interest in joining the network of trained facilitators across the state. Become a trained Class Leader and implement the Powerful Tools for Caregivers program in your area.

Flexibility, openness, and a genuine interest in facilitating personal change are essential.

Powerful Tools for Caregivers program  
created by:

Legacy Caregiver Services

## PROGRAM DETAILS

**Dates:** Times subject to change

April 29: 8am-5pm

April 30: 8am-5pm

May 1: 8am-2pm

**Location:**

Central Montana Education Center

773 Airport Road

Lewistown, MT 59457

(406) 535-9022

**Registration Fee:**

\$75.00/person\* (enrollment limited to 24)

*Participants are responsible for their own travel, lodging, and dinners (breakfast & lunch provided all three days)*

\*limited scholarships available

**Lodging:**

Discounted rooms are reserved at the Yogo Inn. To book a discounted room, contact the Yogo Inn (1-800-860-9646) by April 7th and be sure to mention *Powerful Tools for Caregivers*. For more info go to [www.yogoinn.com](http://www.yogoinn.com)

**Program sponsored by:**

The Alzheimer's Association, Montana Chapter  
Montana DPHHS grant #90A72796  
and



**Family and Human Development Program**

316 Herrick Hall

P.O. Box 173540

Bozeman, MT 59717-3540

406.994.6745 or 994.5099

[www.montana.edu/wwwhd/](http://www.montana.edu/wwwhd/)

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# POWERFUL TOOLS for Caregivers

An Educational  
Program for  
Family Caregivers



*Class Leader Training*

*April 29-May 1, 2008*

