



Training Course Helps Family Caregivers Thrive – Sign up today

Classes on Thursdays, Feb. 7–March 14, registration required

Boulder County, Colo. - Powerful Tools for Caregivers, a 15-hour course sponsored by Boulder County Area Agency on Aging, a division of Community Services, will begin in early February near Niwot (midway between Boulder and Longmont). The course is for family caregivers of older adults and provides them with tools to help ensure that they thrive, not just survive, during their caregiving.

What: Powerful Tools for Caregivers

When: Thursdays, February 7 through March 14, 1:30 – 4:00 p.m.

Where: 7105 La Vista Place, Suite 100, Longmont, CO

Cost: There is no charge for the course, but registration is required

Powerful Tools for Caregivers has been proven to help family caregivers enhance their self-care, reduce their stress levels, and feel better in general about their caregiving. It covers topics such as communicating effectively, asking for help, making action plans for self-care, using helpful resources, and more. In response to being asked what they liked best about the class recent participants said: “Excellent teachers, very organized and informative!,” “My own feeling were validated through listening to others and learning how to communicate about difficult situations,” and “It helped me feel part of something larger than my own experience, since caregiving can be so isolating.”

Powerful Tools for Caregivers is open to Boulder County residents providing care for a relative, partner, or friend who is age 60 or over, or of any age if the person has dementia. There is no charge for the course, but donations are appreciated.

Preregistration is required, at 303-678-6116, or InfoCaregiver@bouldercounty.org. Financial assistance for respite care (substitute elder care during class sessions) may be available to participants.

For more information, contact Juliette Kershner, Boulder County Area Agency on Aging, at 303-678-6116 or InfoCaregiver@bouldercounty.org.