

Feeling Stretched?

Let's Face It...

Caring for someone with a chronic illness such as dementia, heart disease, Parkinson's disease or stroke can be stressful physically, emotionally and financially.



Balance Your Life

POWERFUL
Tools
for Caregivers

Do You Help an Older Relative or Friend?

You May Benefit From:

Powerful Tools for Caregivers Classes

Powerful Tools for Caregivers is a six-week, educational program designed to provide you with the tools you need to take care of yourself while providing care for another.

You will learn to:

- Reduce stress
- Improve self-confidence
- Better communicate your feelings
- Balance your life
- Increase your ability to make tough decisions
- Locate helpful resources

The program consists of six, 2 ½ hour class sessions held weekly and is offered free of charge to Caregivers.
Not intended for Professional Caregivers

Pre-registration is required.

Call Tompkins County Office for the Aging 274-5488, to register or to inquire about the program.

September 23 - October 28 , Tuesdays 9:00 - 11:30 AM,
Kendal at Ithaca, 2230 N Triphammer Road, Ithaca

September 23 - October 28, Tuesdays 6:00 - 8:30 PM
Lifelong, 119 W Court Street, Ithaca

October 2 - November 6, Thursdays 2:00 - 4:30 PM
Cayuga Medical Center, 101 Dates Drive, Ithaca

Powerful Tools for Caregivers is Supported by a grant from the Community Health Foundation of Western and Central New York and co-sponsored by Tompkins County Office for the Aging, Lifelong, Cayuga Medical Center, Hospicare & Palliative Care of Tompkins County, and the Department of Social Services, Long Term Care.