



Promoting Healthy Aging
Senior HelpLine: 1-800-642-5119

FOR IMMEDIATE RELEASE

CONTACT:

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**Feeling Overwhelmed as a Family Caregiver?
Powerful Tools for Caregivers can help you cope... and thrive!**

Barre, VT (August 10, 2016) Are you caring for a spouse with dementia, an aging parent, or an ill family member? Or are you now raising your grandchildren? Is the stress of caregiving taking its toll on your health?

Central Vermont Council on Aging (CVCOA), in partnership with the Community Health Team at Gifford Health Care, is pleased to offer the popular “**Powerful Tools for Caregivers**” classes again this fall.

Powerful Tools for Caregivers is a 6-session class designed to provide you with the tools you need to take good care of yourself. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions, and locate helpful resources. Action planning with an emphasis on self-care is an important part of the program. As one caregiver reflected, participating in *Powerful Tools* made her more “confident and positive” in her role and better able to provide care. “With help, I realize I don’t have to do it alone.” You don’t have to do it alone either!

Participants receive a copy of **The Caregiver Helpbook**, developed specifically for the class. A donation to CVCOA is appreciated but not required to attend the class.

The class will be presented by CVCOA’s Family Caregiver Support Coordinator and a trained volunteer with caregiving experience. It will be held on six Fridays, from 10:30 a.m. to 12:30 p.m. on **September 16, 23 and 30, and October 14, 21 and 28 (no class October 7)**. To

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register, contact Barb Asen, Family Caregiver Support Coordinator, at basen@cvcoa.org or call 802-476-2681. We expect this class to fill up, so call now!

Central Vermont Council on Aging (CVCOA) supports elders in leading healthy, independent, meaningful and dignified lives in their homes and communities in 54 central Vermont towns. Visit the CVCOA website at www.cvcoa.org or call the Senior Helpline at 1-800-642-5119. CVCOA is located at 59 N. Main Street, Suite 200 in Barre; regional offices are located in Morrisville, Randolph, South Royalton, Rochester, and Waterbury. For information about Family Caregiver supports at the Central Vermont Council on Aging, contact Barb Asen, basen@cvcoa.org or call (802)476-2681. The Community Health Team at Gifford Health Care, located in Randolph VT, is part of Blueprint for Health, a state-led initiative designed to provide coordinated health services that stress prevention and wellness. The Blueprint team helps people with chronic conditions (like diabetes, asthma, and COPD) stay healthier and save money through reduced hospitalization and medical procedures.