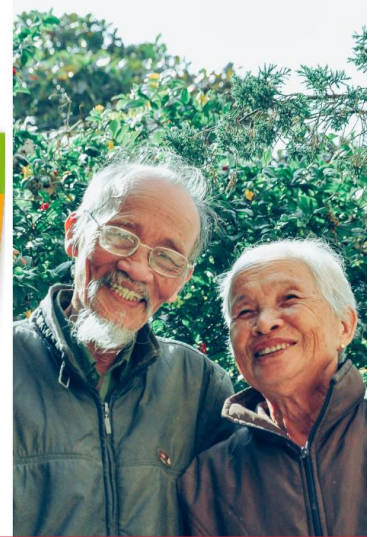
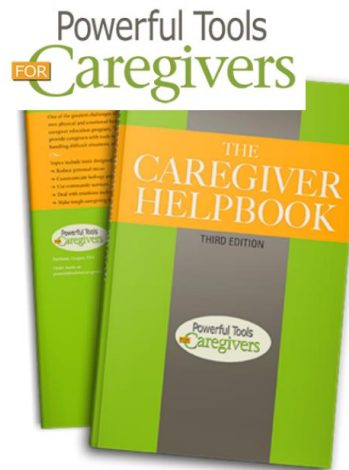


THE CAREGIVER HELPBOOK

The Caregiver Helpbook provides caregivers the tools to increase their self-care and their confidence to handle difficult situations, emotions, and decisions.

These tools will help caregivers to:

- Reduce personal stress
- Communicate effectively
- Practice self care
- Reduce guilt, anger, and depression
- Use relaxation techniques
- Make tough decisions
- Set goals and solve problems



The Caregiver Helpbook will not eliminate the challenges of

caregiving. However, Powerful Tools for Caregivers has been shown to minimize the negative impact that caregiving has on their lives and help them seek and find resources. The goal is to help caregivers to thrive as individuals.

This book includes information for in-home caregivers, caregivers in the workplace, long-distance caregivers, caregivers of veterans, and caregivers of children with special health and behavior needs. Other chapters provide resources for driving issues, sensory changes, and end-of-life issues. The book is available in Spanish.

For more information about ordering *The Caregiver Helpbook* go to: www.powerfultoolsforcaregivers.org