

Classes help caregivers thrive, not just survive

Robert Wicker, *Special to the Democrat* Published 5:05 p.m. ET April 15, 2019



The Purple Craze party on April 27 raises money for the Alzheimer's Project. (Photo: *Special to the Democrat*)

Taking care of a loved one with Alzheimer's disease or other forms of dementia is a demanding role. Caregivers suffer from high levels of stress, often leading to feelings of guilt, sadness, isolation, and burnout. These negative emotions not only inhibit a caregiver's ability to attend to others, they impair the caregiver's quality of life and longevity.

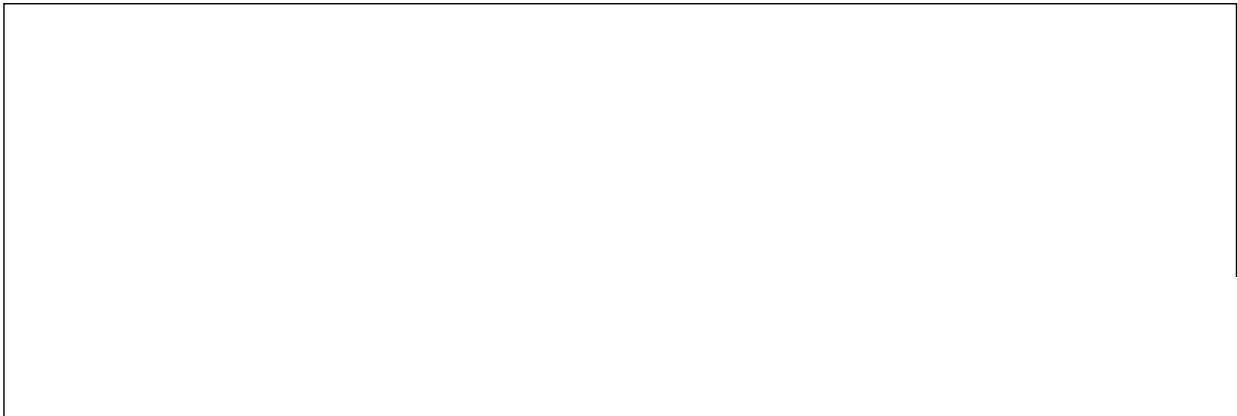
Caregivers must be aware of their vulnerability to stress; they also need to develop the skills that enable them to care for themselves. To help caregivers acquire these skills, the Alzheimer's Project offers on a regular basis Powerful Tools for Caregivers.

Powerful Tools is an evidenced based course that was pilot tested over a three year period in Portland Oregon. The course gives you the tools to accomplish the following:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate needed resources

Classes meet once a week for six consecutive weeks. There is no charge for the Powerful Tools course thanks to a grant from the FSU College of Medicine and donations to the Alzheimer's Project. New classes will begin in May in both Leon and Gadsden Counties.

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Learn to care for yourself while caring for others. If you or someone you know would benefit from Powerful Tools, contact Stephanie Pollack at stephanie@alzheimersproject.org or call 850-386-2778.

Classes for Caregivers

Leon County

Good Samaritan United Methodist Church: 11:30 a.m.-1 p.m., May 24-June 28.

Temple Israel: 6-7:30 p.m. May 7 - June 11

Gadsden County

Thomas Memorial Baptist Church: 10:30 a.m.-noon, May 2 - June 6

Alzheimer's Project Benefit

What: Purple Craze Party benefiting the Alzheimer's Project

When: 6-10 p.m., Saturday, April 27

Where: The Moon, 1105 East Lafayette St.

Tickets: \$30. To purchase your tickets, go to [alzheimersproject.org](https://www.alzheimersproject.org) or call 850-386-2778.

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