

Powerful Tools for Caregivers

Partnership between Lumina Hospice & Palliative Care and
Cascades West Council of Governments Senior & Disability Services



Dates and Time

Six-week class held on Thursdays
May 6 through June 10, 2021
10:00 am to 12:00 pm

Location

Online using Zoom for Healthcare

Registration

Call Lumina at 541.757.9616 and ask for
Maggie Leinenweber,
or email caregiver@luminahospice.org.

No cost.

Powerful Tools for Caregivers

is an educational program designed to help family caregivers. You will learn how to take care of yourself while caring for a relative or friend, wherever they live: at home, in a nursing home or across the country.

This class will give you tools to:

- ◆ Help reduce stress
- ◆ Communicate effectively
- ◆ Take care of yourself
- ◆ Reduce guilt, anger, and depression
- ◆ Help you relax
- ◆ Make tough decisions
- ◆ Set goals and problem-solve

**Please note this class is not designed
for professional caregivers.**

This series, including the books, is made possible by a generous community grant from OCWCOG Senior & Disability Services Family Caregiver Support Program.

"This class is awesome! You will soon realize that you are not alone in what you're experiencing. To hear the challenges, ideas, and solutions, that other folks just like you are going through will give you comfort, shared relief, and give you new ways and tools for coping. I just loved this class. It was so incredibly helpful."

~Past participant

About Lumina

Lumina Hospice & Palliative Care, founded as Benton Hospice Service, is an independent, nonprofit community resource providing responsive care for local residents nearing the end of life. Serving the Mid-Willamette Valley since 1980, we ensure in-home comfort, compassion and control for every patient throughout their remaining days.

To learn more visit luminahospice.org