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Powerful Tools for Caregivers History

- 1998 – program began in Portland, OR (Legacy Health)
- 2011 – present: independent non-profit organization
- 2016 – Scripted curriculum for caregivers of children with special needs

National PTC Office

- Curriculum and programmatic developments
- National and International dissemination efforts
- Technical assistance to Master Trainers and Class Leaders
National Recognition

- National Alliance for Caregiving / MetLife Foundation
- American Society on Aging / AARP
- Administration on Aging
What is Powerful Tools for Caregivers?

- Education program – not a support group
- 6-week series of classes
- Focus on caregiver self-care
- Scripted curriculum
- Train-the-Trainer model
1. Taking Care of You
2. Identifying and Reducing Personal Stress
3. Communicating Feelings, Needs, and Concerns
4. Communicating in Challenging Situations
5. Learning from Our Emotions
6. Mastering Caregiving Decisions
Train-the-Trainer Model

- Class Leaders
- Class Leaders
- Class Leaders

- Master Trainers

- CLs
- CLs
- CLs
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- CLs
- CLs

- classes
- classes
- classes
- classes
- classes
- classes
Positive Outcomes for Diverse Caregivers

- Spouses/Partners
- Diverse ethnic communities
- Adult children of aging parents
- Caregivers of children with special needs
- Caregivers at differing stages
- Caregivers in both rural and urban communities
Positive Evidence-Based Outcomes

PTC significantly improves caregivers’

- Self-Care Behaviors
- Management of Emotions
- Self-efficacy
- Use of Community Resources
Success Factors

- Addresses universal caregiving challenges
- Encourages individual adaptation of tools
- Creates opportunity for new approaches
Learn everything you can about your loved one’s disease, condition, or illness.

Life is not what it's supposed to be. It's what it is. The way you cope with it is what makes the difference.

~ Virginia Satir
Chapters in the first half of the book cover the content of the 6-week class curriculum.

Other chapters address specific caregiver issues, including: resources for hiring in-home help, making decisions about facility placement, handling driving issues, caregivers of veterans, caregivers of children with special needs, and dealing with grief and end-of-life issues.
You’re Not Alone

We're all just walking each other home.

~ Ram Dass

Photo from ABCS RM
MANAGING STRESS

POWERFUL TOOLS FOR CAREGIVERS

powerfultoolsforcaregivers.org
Managing Stress

PTC Overview
Challenges – Acute vs. Chronic
Managing Stress
Identifying Signs and Sources
Taking Action: Stress-Reducers
Making an Action Plan
Relaxation / Closing
<table>
<thead>
<tr>
<th>Acute vs. Chronic Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cures available</td>
</tr>
<tr>
<td>Short-term</td>
</tr>
<tr>
<td>Return to normal</td>
</tr>
<tr>
<td>Dealing with certainty</td>
</tr>
</tbody>
</table>

#6 Acute =/= Chronic #6
1. Recognize warning signs EARLY.
2. Identify sources of stress.
3. Identify what YOU can and cannot change.
4. Take action.
Stress

My Warning Signs

My Sources

#21 Identify your personal warning signs & sources of stress
Results of Neglecting Stress

- Increased health problems
- Disrupted relationships
- “Burnout”
- Depression
- Decreased quality of care
Barriers to Taking Action

- Can’t think of what to do.
- Choosing a difficult activity.
- Postponing stress reduction.
Stress Reducers: What I Can Do

- ...
- ...
- ...
- ...
- ...
- ...

#26 It’s personal = suits me
#26
Parts of an Action Plan

- Something **YOU** want to do
- Reachable
- Behavior specific
- Answer these questions:
  - What?
  - How much?
  - When?
  - How often?
- Confidence level