



Take Charge of Your Health!

Summer is a great time to focus on reducing stress and caring for yourself, especially if you are a caregiver. Now more than ever is the time to take charge of your health!

This edition of Living Well will focus on caregivers and one of the classes offered specifically for you—“Powerful Tools for Caregivers.” Whether you are caring for an older adult or a child, this class will provide you with tools to reduce your stress, take care of yourself, reduce guilt, and problem solve.

Caregivers attending the class are reporting increased knowledge of how to care for themselves, increased knowledge of community resources available to help them, decreased stress in their caregiving role, and increased knowledge of how to manage their stress! One participant said, “The class has helped me understand that what I have been beating myself up about are normal feelings. I can now accept and acknowledge them and have tools to deal with them. It changed the whole attitude and atmosphere of our home.”

Plan to join us for a caregiver class and begin your pathway to improving your total wellness in 2018! Contact us today at 1-800-582-7277, ext. 247 or 284, or info@aaa7.org to learn more!

Powerful Tools for Caregivers!



Class #1: Taking Care of You

- The focus is on “YOU.” Learn about the box of self-care tools. Start making an action plan.



Class #2: Identifying and Reducing Personal Stress

- The four steps to stress management: 1) Identify warning signs; 2) Identify your personal sources; 3) Change what you can and accept what you cannot; 4) Take action. Change negative self-talk and learn relaxation activities for your daily life.



Class #3: Communicating Feelings, Needs and Concerns

- Learn and practice how to communicate your feelings, needs and concerns more effectively using “I” messages.



Class #4: Communicating in Challenging Situations

- Learn two new communication tools to help you be more assertive and find common ground with others. Special section on communicating with those who have a memory impairment.



Class #5: Learning from Our Emotions

- Emotions are messages we need to listen to; feelings occur for a reason. The focus of this class is identifying constructive ways for dealing with difficult emotions such as anger, guilt and depression.



Class #6: Mastering Caregiving Decisions

- Learn tools for dealing with changes and making tough decisions, including a seven step decision-making model. Learn about having a family meeting.

Upcoming Wellness Classes

Chronic Disease Self-Management

Jackson County—Starting July 2nd in Jackson
Lawrence County—Starting August 1st in Ironton
Pike County—Starting August 1st in Waverly
Scioto County—Starting September 4th in
Wheelersburg

Chronic Pain Self-Management

Lawrence County—Starting August 6th in Ironton
Pike County—Starting July 6th in Waverly
Scioto County—Starting August 6th in Portsmouth

Matter of Balance Falls Management

Adams Co. —Starting September 12th in West Union
Gallia County—Starting August 7th in Gallipolis
Jackson County—Starting August 7th in Oak Hill
Lawrence County—Starting October 2nd in Ironton
Pike County – Starting September 4th in Waverly
Scioto County—Starting October 2nd in Wheelersburg

Tools for Caregivers

Jackson County—Starting July 10th in Jackson
Pike County—Starting August 3rd in Waverly
Ross County—Starting July 9th in Chillicothe

Diabetes Self-Management

Scioto County—Starting July 11th in
Portsmouth

Look for more Diabetes classes to
be added!

Community Organizations are
welcome to contact us to schedule a class at
your site!

Always check our website for new classes being
added or call us!



**Call 1-800-582-7277, ext. 247 or 284
or e-mail info@aaa7.org to register
or for more information on all the
classes listed.**

***Check out our website at aaa7.org to keep
up-to-date on calendar changes and additions!***

Area Agency on Aging District 7
F32-URG PO Box 500
Rio Grande, OH 45674