



Living Well

Summer 2019

A Quarterly Wellness Newsletter

brought to you by the Area Agency on Aging District 7

Take Charge of Your Health!

The temperature is rising and summertime storms have been delivering chaotic weather across our region. AAA7 is ready though with a complete listing of health and wellness programs to help you thrive all summer.

This edition of Living Well features a program to help family caregivers. Whether you are caring for an adult or a child, this program is proven to help you take better care of yourself and your emotions, increase your confidence in caregiving, and use more resources in your caregiving journey.

Multiple research studies have found that caregivers suffer from high rates of depression and anxiety, increased health problems and restrictions in their social lives. The many demands of caregiving often has a significant impact on a caregiver's physical and emotional health. The "Powerful Tools for Caregivers" program was developed and tested in Portland, Oregon, and is now being offered in over 40 states. The class focuses on caregiver self-care so "you" the caregiver can learn "tools" to help you while you provide care for your family member. The program was originally designed for caregivers of adults, but has expanded to also offer a program for family caregivers caring for children with complex health and/or behavior needs.

Powerful Tools for Caregivers



How Long is the Tools for Caregiver Program?

The program for caregivers caring for adults is held two-and-a-half hours once a week for 6 weeks. The program for caregivers caring for children is held two hours once a week for six weeks.



What Does the Class Include?

Caregivers can expect to develop a wealth of self-care "tools" to:

- * Reduce personal stress
- * Communicate with family and healthcare providers
- * Deal with difficult feelings
- * Make tough caregiving decisions
- * Find helpful resources in the community
- * Deal with challenging caregiving situations
- * Reduce anger, guilt, and depression
- * Exercise more, use relaxation techniques, take better care of yourself

One past participant shared:

"There was a common bond, we were all dealing with some of the same issues. We shared our stories and learned ways to cope. I learned how important it was to take care of me."

Each participant will receive a free book, "The Caregiver Helpbook."

Contact AAA7 today to register for one of the many self-management classes being offered!

Call 1-800-582-7277 and ask for extension 284 or extension 247.

Upcoming Wellness Classes



Chronic Pain Self-Management

Ross County — Starting July 2nd in Chillicothe
Scioto County — Starting September 5th in
Portsmouth

Matter of Balance Falls Management

Vinton County — Starting August 5th near Wellston
Adams County— Starting September 10th in West
Union

Tools for Caregivers of Adults

Gallia County — Starting September 3rd in Gallipolis
Jackson County — Starting September 3rd in Wellston

Diabetes Empowerment Education Program

Lawrence County — Starting July 11th in Proctorville

Chronic Disease Self-Management

Scioto County — Starting July 1st in Wheelersburg
Scioto County — Starting August 23rd in Lucasville

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



**Call 1-800-582-7277, ext. 284 or 247
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!***

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