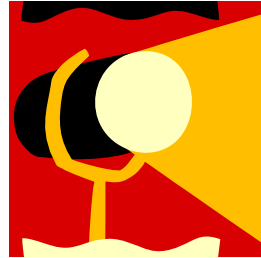


Spotlight on Evidence-Based Programs for Women as They Age



Powerful Tools for Caregiver

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A program of Partners in Care Foundation

What is Powerful Tools for Caregivers?

- Educational program – not a support group
- 6-week series of classes
- Focus on caregiver self-care
- Scripted curriculum
- Train-the-Trainer model



Strategies for Enhancing Self-Efficacy

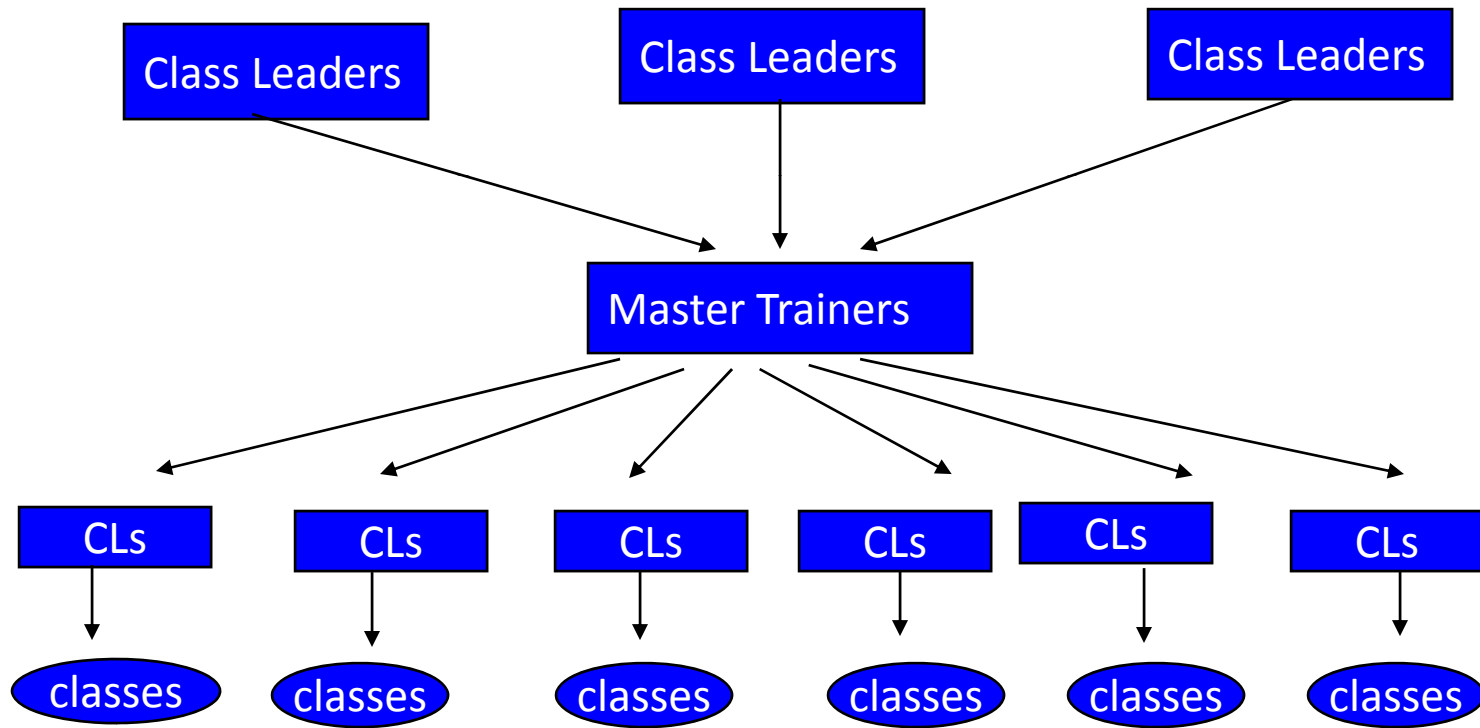
- Skills Mastery
- Modeling
- Reinterpretation of Feelings and Attitudes
- Persuasion

PTC Outcomes

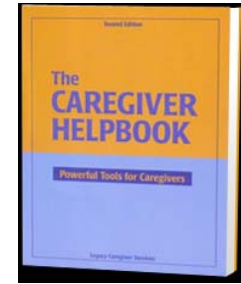
Improved:

- Self-Care Behaviors
- Management of Emotions
- Self-Confidence
- Use of Community Resources

Train-the-Trainer Model



Course Overview



- **Class #1:** *Taking Care of You*
- **Class #2:** *Identifying and Reducing Personal Stress*
- **Class #3:** *Communicating Feelings, Needs, and Concerns*
- **Class #4:** *Communicating in Challenging Situations*
- **Class #5:** *Learning From Our Emotions*
- **Class #6:** *Mastering Caregiving Decisions*

Implementation Challenges

- 2-3 days of training
- Marketing
- Time for Caregiver
- Staffing
- Funding

Success Factors

- Address universal caregiving challenges
- Encourage individual adaptation of tools
- Create opportunity for new approaches