

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or child, yours is an important role. This course is for family caregivers like you! We are providing resources and training centered on caregivers of individuals experiencing symptoms of psychosis (i.e., schizophrenia).

We are conducting a study to see whether Powerful Tools for Caregivers classes are effective in improving coping and lessening the caregiver burden for those caring for individuals with psychosis. This thirteen-week study includes six free online group classes that give you the confidence and support to better care for your loved one – and yourself. Meetings are held online with Microsoft Teams, and you'll be asked to complete some online questionnaires before the classes start and once they're finished.

The classes give caregivers tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



In the class, caregivers receive *The Caregiver Helpbook*, which follows the curriculum and provides additional tools to address specific caregiver issues. *The Caregiver Helpbook* will be provided free of charge for participants in the research study being conducted by Barak Tessler, M.A.

If Interested:

- Contact Barak Tessler at 818-732-9340, or email at Btessler@students.illu.edu for additional information to join.

“After taking this class I am a more confident caregiver!

*Having tools to resolve problems is a definite advantage in becoming
a better caregiver and a happier, wiser, healthier me...and a healthier ‘us!’”*

- PTC Class Participant