



Powerful Tools for Caregiver Leader Training

Powerful Tools for Caregivers Leader Training prepares and equips class leaders to co-lead programs for two target audiences: caregivers of adults with chronic conditions and caregivers of children with special health and behavioral needs. Each class incorporates several tools to build caregiver-participants' confidence and enhance their communication skills.

To learn more about *Powerful Tools for Caregivers*, visit:

<https://www.ndsu.edu/agriculture/extension/programs/powerful-tools-caregivers>

Powerful Tools for Caregivers (PTC) is an evidence-based, self-care education program for family caregivers who provide a vast array of emotional, financial, nursing, social, homemaking and other services on a daily or an intermittent basis. It is a 6-week educational series designed to provide tools family caregivers need to take care of themselves where focus is on the caregiver and developing skills and knowledge for self-care. Caregivers who take good care of themselves will be better prepared to take good care of their loved ones. If you're interested in joining the network of North Dakota *PTC Leaders*, consider attending a leader training.

Training Dates & Location:

(Monday-Friday) September 9-13, 2024

Virtual via Zoom

Time: 9:00 am-12:00 noon (CST)

Successful attendance & completion is required for all 5 days

Deadline for registration: August 19th, 2024

Master Trainers: Jane Strommen and Rita Ussatis

There is no cost for the five-day training. The customary registration fee is waived due to a grant through the ND Department of Health & Human Services, Division of Aging Services.

Support is available from NDSU Extension *Powerful Tools for Caregivers Master Trainers* across North Dakota.

Individuals interested in becoming leaders must identify their sponsoring organization and submit a completed application by August 19, 2024 to NDSU Extension. For more information about the leader training, call Jane Strommen, at 701.231.5948 or email jane.strommen@ndsu.edu. Space is limited, so please register early.

This project is supported by funding from the U.S. Department of Health & Human Services, Administration for Community Living, Administration on Aging, and granted through North Dakota Department of Health & Human Services, Aging Services Division.

Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact Jane Strommen at 701.231.5948 by Aug. 19, 2024 to make arrangements.