

Quotes from caregivers who have attended all 6 Powerful Tools classes

(Spanish speaking caregivers have quotes below as well)

"I always knew I could do it, but now I can see how I can be a healthier (physically and mentally) caregiver."

"There is hope!"

"I just really enjoyed all the topics, tips, coping, camaraderie of the people."

"Loved the friendly teachers and the way they helped me to look at things (or the situations) in a better way."

"I'm more forgiving of my "slip-ups". It's easier to ask for help and realize it's a positive thing."

"I give myself more credit for what and how I am doing."

"I feel more confident that I am capable of making the right decisions." "I can do this."

"I know that many of my responses are normal caregiver responses and have tools to deal with my issues."

“Really it works well as it is taught/shared: (the teachers were) great supporters of each other, role modeled and then encouraged us to be/do/care.”

“There is someone I can call for guidance or to validate a decision I may make.”

“I learned not to be overwhelmed.”

From our Spanish speaking clients:

“Aprendí mucho en esta clase, por ejemplo, que puedo hacer para poder cuidarme a mí mismo. “

“Las instructoras fueron muy amables y entendieron mis preguntas. “

“Esta clase de Métodos Poderosos me dieron mucha confianza y información. “