

# **Powerful Tools Class Description by Week**

## **Class 1**

In this class the participants will get to know each other and will identify a particular caregiving problem that they face. The participants will view a video, *The Dollmaker*, that emphasizes the importance of caregiver self care. The participants will learn about and set action plans for themselves each week, i.e they will choose to do something each week that is relaxing and enjoyable.

## **Class 2**

This class introduces solution seeking as a way to find solutions to problems. The participants will identify their personal stressors and find ways to deal with those stressors. Also discussed is the benefit of positive self talk and the detriment of negative self talk. Participants will learn that the way that they look at a situation affects how they feel and this affects how they react to it. They will learn to recognize what they can and cannot control and how to accept those things that they cannot control. A relaxation tool will be used and the participants will make an action plan.

## **Class 3**

In this class the participants will learn a highly effective tool for communicating their thoughts and feelings to others. They will learn about “I” messages, “You” messages and “hidden You” messages and will practice “I” messages in class. The participants will learn a relaxation technique and make an action plan.

### **Class 4**

In this class participants will learn the difference between aggressive and assertive communication. They will learn about and practice the DESC and Aikido methods of assertive communication. They will also learn about communicating with someone with memory impairments. A relaxation tool will be used and the participants will make an action plan.

### **Class 5**

In this class participants will learn to listen to and manage their emotions. This class discusses ways to deal with guilt, depression and anger. The participants will learn a relaxation technique and make an action plan.

### **Class 6**

In this class the participants will learn about the Transition process, i.e. how people handle the many changes that they go through as caregivers. They will also learn ways to make decisions and the benefits of family meetings and the power of optimism. The participants will make long-term goals and action plans. A final relaxation technique will be taught. The class will end with the participants sharing their accomplishments.