Today, in Montana...

There are approximately 118,000 caregivers, providing 110 million hours of unpaid labor.

There are approximately 21,000 children who receive services through early intervention, special education, or are considered a child with a special health care need.

Caring for someone can be physically, emotionally, and financially draining.

Caregivers can learn to care for themselves, which benefits everyone.

*Powerful Tools for Caregivers* is a program proven to produce helpful results.

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To learn more about *Powerful Tools for Caregivers* in your community, contact:

**Powerful Tools for Caregivers is coordinated in Montana by:**

MSU Extension  
Family & Human Development Program  
320 Reid Hall  
PO Box 173370  
Bozeman, MT 59717  
(406) 994-6969  
[montanaptc.org](http://montanaptc.org)

The MSU Extension Powerful Tools for Caregivers program is licensed through the national PTC organization; powerfultoolsforcaregivers.org.

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*Montana State University Extension*

MSU Extension is an ADA/E0/AA/Veteran’s Preference Employer and Provider of Educational Outreach.
Are you caring for a loved one?  
Let us help you care for YOU!

What is Powerful Tools for Caregivers?

Powerful Tools for Caregivers is an educational program for family and friends acting as caregivers for anyone with a chronic medical condition, special healthcare need, or a disability.

What does it involve?

Caregivers of adults will attend six weekly 90-minute or 2 1/2-hour interactive sessions taught by certified class leaders. Caregivers of children will attend six weekly 2-hour sessions.

What will the caregiver gain?

Tools and self-care skills which will help you take better care of yourself and enable you to continue being an effective caregiver.

Attendees of the six-week Powerful Tools for Caregivers program will learn how to...

- Reduce personal stress
- Improve self-confidence
- Balance commitments
- Make tough decisions
- Communicate needs to family members and service providers
- Deal with difficult feelings and challenging situations
- Find and utilize community resources
- Take better care of the care receiver
- Take better care of YOU!

Who is this program for?

A variety of caregivers...

- Spouses
- Parents
- Grandparents raising grandchildren
- Friends
- In-laws
- Adult children
- Other relatives

In a variety of caregiving situations...

- In-home care
- Caring for someone in a residential care facility
- Caring for a child or grandchild with a disability
- Caring from long distance