

About the Presenter

Miriam Callahan has a Masters in Counseling and is the Project Coordinator for the Caregiver Resource Center of the Erie County Department of Senior Services. Her work experience in the field of aging encompasses facility-based health care, in-home health care and case management for frail, homebound older adults. Under Ms. Callahan's leadership, Erie County has held more than 100 Powerful Tools classes since 2004 with more than 400 caregivers participating. Ms. Callahan has personally led 20 PTC classes for caregivers, in addition to teaching Master Training classes.

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This is a licensed program of Legacy Health System, Portland, OR. www.legacyhealth.org

Funding for this training was made possible by a grant from the U.S. Department of Health and Human Services, Administration on Aging, CFDA #93.048.

Co-sponsored by the New Hampshire Department of Health and Human Services, Bureau of Elderly and Adult Services.

Event Policies

Advance registration is required and accepted in the order received. Registration is not complete until full payment or purchase order is received. Payment or purchase order must be provided at least seven (7) days prior to the event. Registrations received within six (6) days of the event may be accepted (depending upon availability) if accompanied by full payment or purchase order.

No refunds will be issued.

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Concord, NH 03301

808290

www.iod.unh.edu



INSTITUTE ON DISABILITY / UCED
A University Center for Excellence on Disability

POWERFUL Tools for Caregivers

Class Leader Training

Dates:

May 12-14, 2010

Location:

Holiday Inn
172 North Main Street, Concord, NH

Time:

Wednesday & Thursday: 8am – 5pm
Friday: 8am – 1pm

Registration Fee: \$750, or \$700 each for 2 or more

Includes breakfast and lunch all three days, program licensing fee, and all program materials. Does not include dinner and accommodations.

Workshop Instructor:

Miriam Callahan

 UNIVERSITY
of NEW HAMPSHIRE

Available in alternative
formats upon request

Description:

This 2½ day training will give participants the knowledge, skills, and tools to teach the course, Powerful Tools for Caregivers (PTC). This course, developed by Legacy Health System in Portland, OR, is a six-week educational program to provide family caregivers of older adults with tools to increase their self-care and confidence. PTC is a nationally recognized train-the-trainer model program, with a scripted curriculum. There are trained PTC Class Leaders in over 20 states and the program has reached 15,000 caregivers nationwide. PTC Class Leaders work in pairs.

In the years since the PTC program was conceived, a great deal of research, evaluation, and revision has been done to ensure its continued value and success. The six-week PTC class has been shown to have a positive impact on caregiver health for a diverse group of caregivers including rural, ethnic minorities, adult children of aging parents, well-spouses/partners, caregivers at differing stages in their caregiving role, living situations, financial, and educational backgrounds.

Participants who complete this program will be licensed as class leaders to present the six-week training sessions to informal caregivers of older adults. Participants will receive both the 90-minute and 2½-hour scripted curriculum as well as program materials. Licensed class leaders will be able to provide family caregivers of older adults with the tools to deal with stressors, depression, anger, and guilt, as well as increase the ability of caregivers to effectively communicate feelings, needs, and concerns.

POWERFUL TOOLS for Caregivers

Registration Information

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Friday: 8am – 1pm

Registration Fee: \$750

**Reduced rate of \$700 each for teams of 2 or more*

**Includes breakfast and lunch all three days, program licensing fee, and all program materials. Does not include dinner and accommodations.*

**Participants in this workshop are eligible for 24 staff development credits / contact hours.*

Approved by the NH Chapter NASW for 17.5 Category I Continuing Education Credits for Social Workers.

Accommodations:

Accommodations are available at the Holiday Inn (603.224.9534). Please mention that you are with the **UNH Institute on Disability / Powerful Tools for Caregivers Training** and you will receive an overnight rate of \$95 plus tax for a single or double room. This rate is available until April 20, 2010.

Who Should Attend:

- Support group leaders, case managers, social workers, and other practitioners who provide support and education programs for family caregivers of older adults.
- Educators interested in utilizing an evidence-based educational curriculum with positive outcomes for caregiver health and self-care.

4 Easy Ways to Register!



online: www.iod.unh.edu



phone: **603.228.2084**



fax: **603.228.3270**



mail: **Institute on Disability | 56 Old Suncook Road, Suite 2 | Concord, NH 03301**

Registration Form

Powerful Tools for Caregivers

Dates: May 12-14, 2010

Location: Holiday Inn, 172 North Main Street, Concord, NH

Time: Wednesday & Thursday: 8am – 5pm,
Friday: 8am – 1pm

Registration Fee: \$750, or \$700 each for 2 or more

NAME: _____

EMPLOYER/ORGANIZATION: _____

TITLE/POSITION: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

THIS ADDRESS IS MY: HOME WORK

DAYTIME PHONE: _____

E-MAIL ADDRESS: _____

AN E-MAIL CONFIRMATION WILL BE SENT PRIOR TO THE EVENT

PLEASE SELECT METHOD OF PAYMENT:

CHECK #: _____ PURCHASE ORDER #: _____

CHECKS CAN BE MADE PAYABLE TO THE UNIVERSITY OF NH

VISA/MC#: _____

EXP. DATE: _____ TOTAL AMOUNT: \$ _____

I UNDERSTAND AND AGREE TO THE EVENT POLICIES ON THE REVERSE (SIGNATURE REQUIRED)

SIGNATURE: _____

PLEASE NOTE ANY DIETARY/ACCESSIBILITY ACCOMMODATIONS HERE:

***PAYMENT MUST BE RECEIVED PRIOR TO PARTICIPATION.**