

FOR MORE INFORMATION, CONTACT:

Sarah Gualco

Health & Wellness Coordinator

239-652-6914

Sarah.gualco@aaaswfl.org

**FOR IMMEDIATE RELEASE**

04/05/2022

**You Could Change Someone’s Life!**

**Become a Certified Coach to Help Empower Caregivers**

*Register to attend this virtual evidence-based training*

*with the Area Agency on Aging for SWFL*

**Southwest, FL (April 5, 2022)—** The Area Agency on Aging for Southwest Florida (AAASWFL) is seeking individuals who have an interest in empowering and supporting their community. The agency is recruiting new class leaders in Charlotte County for our “Powerful Tools for Caregivers” workshops - a free program designed to help caregivers take better care of themselves while caring for a friend or relative.

The Powerful Tools for Caregivers Class Leader Training Program is facilitated virtually over the course of five days from 1:00pm to 4:00pm with sessions offered each month. Leader training is free with a commitment to lead two Powerful Tools for Caregivers workshops annually for AAASWFL. To register, contact Sarah Gualco, AAASWFL’s Health & Wellness Coordinator at sarah.gualco@aaaswfl.org or by calling 239-652-6914.

Powerful Tools for Caregivers is a free evidenced-based program designed to help caregivers identify and manage the physical, emotional and financial challenges that are a result of taking care of a family member or friend with chronic conditions. Caring for a loved one can be a rewarding experience, but it can be also be a challenging one. Caregivers report high levels of stress as a result from neglecting their own physical and emotional well-being. Powerful Tools for Caregivers will teach caregivers self-care tools to reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources.

Funding for the Powerful Tools for Caregivers Program is provided by a grant from the US Administration for Community Living through the Florida Department of Elder Affairs. The Area Agency on Aging for Southwest Florida is a nonprofit organization that has served Charlotte, Collier, DeSoto, Glades, Hendry, Lee, and Sarasota Counties for more than 40 years. The organization is committed to connecting older adults (ages 60 and over) and people with disabilities to resources and assistance for living safely with independence and dignity. AAASWFL is the state’s designated Aging and Disability Resource Center for Southwest Florida.

More information is available by visiting the AAASWFL website (www.aaaswfl.org) or by calling the Elder Helpline: (866) 413-5337.

# # #

**Helpline:** 1-866-413-5337

Charlotte I Collier I DeSoto I Glades I Hendry I Lee I Sarasota

2830 Winkler Ave. Suite 112, Fort Myers, FL 33916 I Office 239.652.6900 I Fax: 239.652.6991 I www .A AASWFL.org