



PIEDMONT TRIAD REGIONAL COUNCIL
AREA AGENCY ON AGING

Powerful Tools for Caregivers

Class Leader Training

Dates: June 2 – 3, 2014

**Location: 1398 Carrollton Crossing Drive
Kernersville, NC 27284**

Send completed application AND signed Sponsoring Agency Commitment form to:

PTRC AAA

Attention: Teresa Jackson

1398 Carrollton Crossing Drive

Kernersville, NC 27284

Email: tjackson@ptrc.org

Phone: 336.904.0300

Fax: 336.904.0302

Applications must be received by May 27, 2014.

A Selection Review Committee will meet, and all applicants will be notified regarding their acceptance. **Trainees are required to attend the ENTIRE training and participate in exercises, particularly, practice teaching. Space is limited. Preference is given to in region applicants.**

Fee: \$100 for agencies within Region G (*Alamance, Caswell, Davidson, Davie, Guilford, Montgomery, Rockingham, Randolph, Stokes, Surry, Yadkin Counties*)
\$150 for other agencies
(Pay by cash or check only. Make payment to PTRC AAA)

Includes:

- One copy of *The Caregiver Helpbook and The Dollmaker DVD*
- Lunch and Snacks
- PTC scripted curriculum for all classes (*90-minute and 2½ hour Scripts, and Class Leader Tips manuals*), sent electronically, post training.
- One-time registration fee for individual Powerful Tools For Caregivers licensing

Trainees will learn skill-building activities to:

- Conduct the *Powerful Tools for Caregivers* program with a trained co-leader.
- Use the *Class Leader Tips Manual, Leader Scripts and The Caregiver Helpbook*.
- Use five self-efficacy enhancing strategies: skill mastery through making an action plan; solution-seeking; modeling; reinterpretation of beliefs/thoughts; and persuasion.
- Apply successfully the following training techniques: leader presentation; discussion; brainstorming; modeling/practice; feedback and solution-seeking; and dramatization.



Class Leader Application

Name: _____

Home Address

Street: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Fax: _____

Email: _____

Work Address

Business: _____

Street: _____

City: _____

State: _____ ZIP: _____

Phone: _____

Fax: _____

Email: _____

Sponsoring Agency: _____

Are you: Staff member? _____ Volunteer? _____

Sponsoring Agency Contact Name: _____

Address: _____

Agency Contact Phone: _____ Agency Fax: _____

Agency Contact E-Mail: _____

County of Sponsoring Agency: _____

Why are you interested in becoming a Class Leader for the *Powerful Tools for Caregivers* Program?

Please describe any personal caregiving experience:

Describe professional experience with family caregivers (if applicable).

Do you have any experience facilitating or leading a group of adults? (If so, please describe type of groups led.)

Years of experience: None ___ 1 yr. or less ___ 2-5 yrs. ___ 5-10 yrs. ___ 10+ yrs. ___

Do you have any specific connections to diverse ethnic communities where the *Powerful Tools for Caregivers* program could be beneficial? Please include any contacts you may have to community organizations serving these groups.

Preferred Training Date?: June (year) ___ October (year) ___ No preference ___

All of the classes are co-led by trained Class Leaders. Are there any Class Leaders with whom you'd like to co-lead classes? Yes ___ No ___

If yes, their names/phones _____

Do you have any mobility issues or food allergies we should know about? Yes ___ No ___

We expect every newly-licensed Class Leader to co-facilitate two PTC class series within the next year.

POWERFUL TOOLS FOR CAREGIVERS

Class Leader

Sponsoring Agency Commitment Form

- I believe that _____ has the necessary qualifications to be a *Powerful Tools for Caregivers* Class Leader.
- Our organization is willing to sponsor this candidate and assist him/her in building sustainability for the *Powerful Tools for Caregivers* program in our local community.
- Please check the ways your organization plans to support this Class Leader applicant and the program's on-going viability.

_____ Print and bind PTC Leader Scripts and Tips Manuals after the training.

_____ Provide space for the six-week class to meet.

_____ Publish and print brochures.

_____ Mail and/or distribute brochures or flyers to publicize classes.

_____ Provide staff time to register class participants.

_____ Provide staff time to cover time for teaching the class.

_____ Support outreach, coordination and community collaboration efforts.

_____ Sponsor Class Leader's time to participate in 2-day Class Leader Training.

_____ Sponsor a class series by purchasing copies of The Caregiver Helpbook for up to 15 participants.

_____ Other: Describe _____

Name

Date

Sponsoring Agency

Phone #

The “Essential” Powerful Tools for Caregivers Program

This program has been designed to support caregivers of adults with a chronic condition in a way that enhances their well being as they care for others. It was carefully designed, pilot-tested, evaluated, and refined to ensure program quality and its evidence-based outcomes. The foundation of the program is based on extensive research by Dr. Kate Lorig and associates at Stanford University’s Patient Education Research Center and uses concepts of adult learning and self-efficacy. In order to sustain the high quality of this program, Class Leaders and Master Trainers conducting *Powerful Tools for Caregivers* programs and training must adhere to the following principles and requirements of the program.

- ◆ All *Powerful Tools for Caregivers* classes will be taught by Class Leaders trained by certified Master Trainers in the *Powerful Tools for Caregivers* program.
- ◆ Trained Class Leaders follow the program as designed/scripted (i.e., teaching of all tools, following the script, and using visual aids and handouts as prescribed).
- ◆ All *Powerful Tools for Caregivers* classes must be co-led.
- ◆ The class series will be delivered as a consecutive 6-week series.
- ◆ Providing *The Caregiver Helpbook* for caregiver classes is recommended.
- ◆ *Class Leader Tips*, *Class Leader Scripts*, and *Class Leader Training* manuals will not be given to or used by non-trained persons. They belong to trained individuals only.
- ◆ Charges for caregiver classes or leader trainings cannot exceed the cost incurred.
- ◆ Class Leader trainings will adhere to the training agenda as provided in the *Class Leader Training* manual. Master Trainers will be trained by the PTC national office before conducting a Class Leader training.
- ◆ Anyone wishing to adapt materials must obtain permission from the PTC national office.
- ◆ PTC national office must be contacted regarding any research or evaluation.
- ◆ PTC national office, www.powerfultoolsforcaregivers.org, must be contacted regarding any exceptions to the above. This may require several months of lead-time.

AGREED

Name (please print)

You will be asked to agree to these terms and sign this document at the completion of the training.

Date

Signature

Organizational Affiliation