



Powerful Tools for Caregivers Program Overview

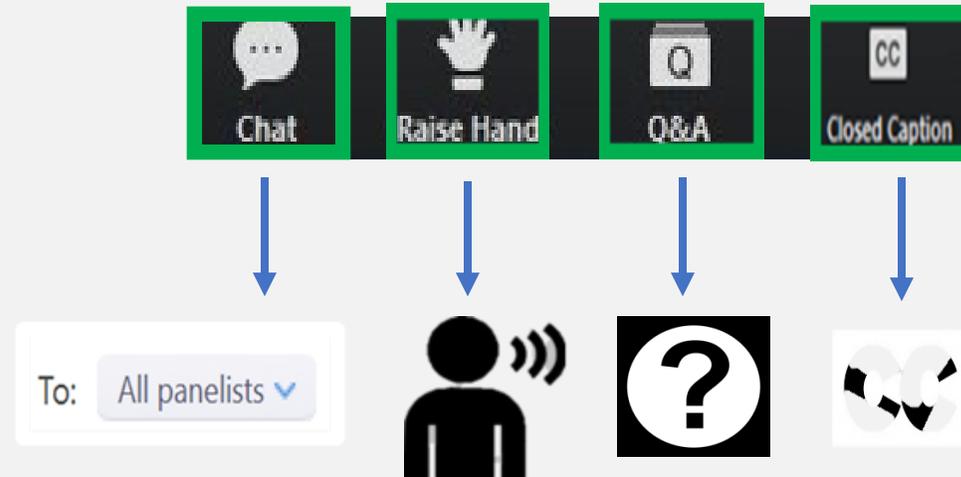
September 24, 2025

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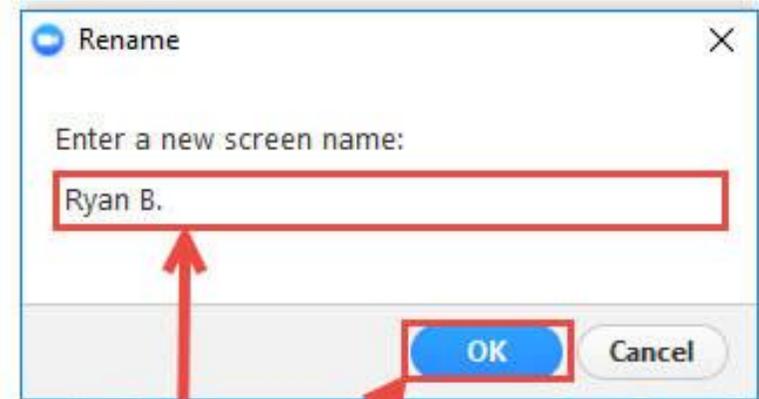
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Webinar Objectives

- Introduce participants to the Powerful Tools for Caregivers (PTC) Program, including its goals, structure, and benefits for tribal communities
- Explore effective strategies for implementing an evidence-based program, with a focus on community-specific adaptation and engagement
- Provide practical guidance on budgeting and managing resources for successful PTC Program implementation
- Share lessons learned and best practices of program use in tribal communities

Today's Presenter



Mary Weston

Area Agency on Aging, Region 8 Program Manager
Inter Tribal Council of Arizona, Inc. (ITCA)



Area Agency on Aging, Region 8

Powerful Tools for Caregivers Program Overview

Mary Weston, ITCA-AAA Program Manager



ITCA's Mission Statement

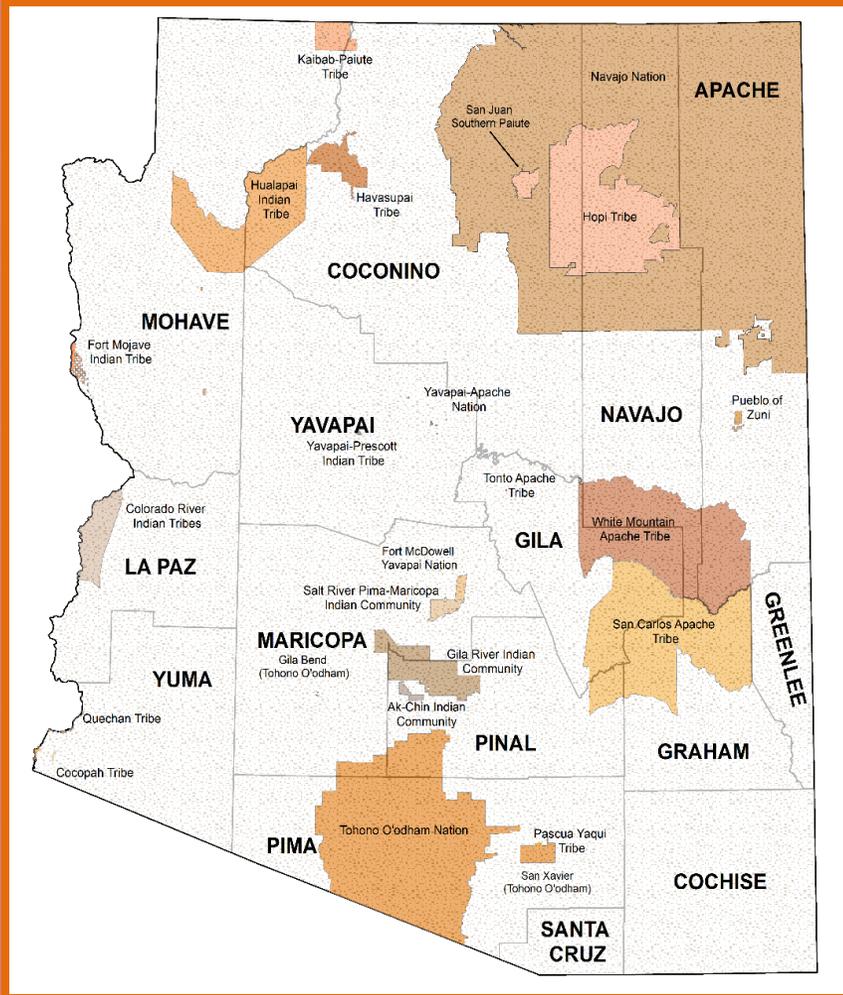
... To provide its member tribes with a united voice and the means for united action on matters that affect them collectively or individually ...

ITCA serves 21 of the 22 tribes in Arizona.





ITCA-Area Agency on Aging (AAA), Region 8



- ITCA-AAA was established in 1979 to oversee the administration of the Older Americans Act (OAA) Title III and Title VI programs through subcontracts with tribes.
- The AAA assists tribal elder programs with:
 - Advocacy
 - Education and resources
 - Technical assistance and training
 - Program development
 - Coordination of tribal community-based services



PTC Program Overview: Key Points

- Alzheimer's Disease Program Initiative (ADPI) grant
- Origin and development
- Preparation and adaptation
- Training requirements
- Budgeting
- Implementation
- Outreach
- Lessons learned





ADPI – Dementia Capability in Indian Country

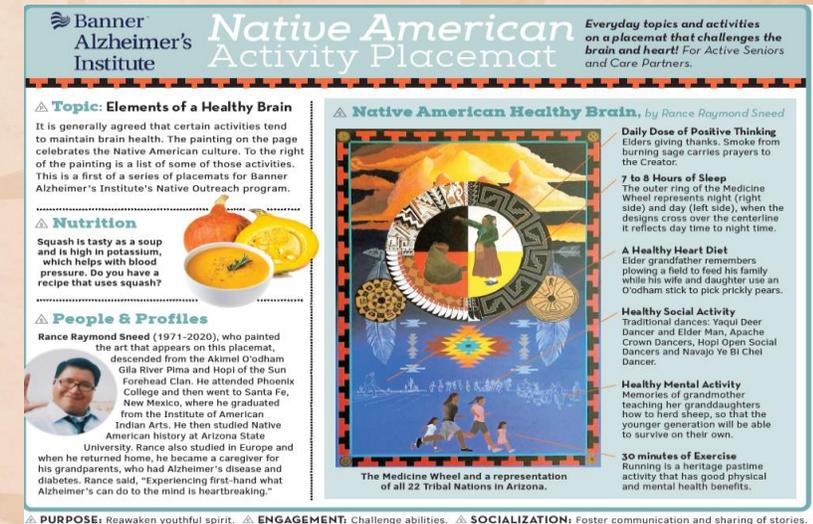
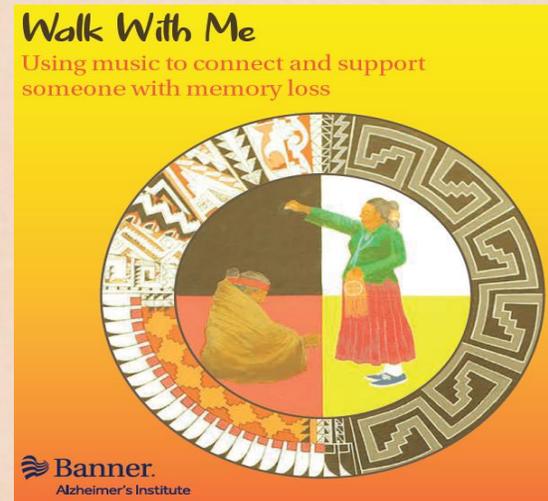
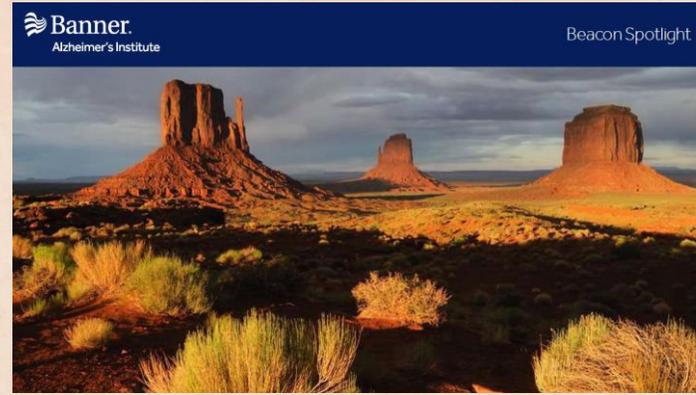
- ITCA-AAA received a three-year grant from the Administration for Community Living (ACL) for September 1, 2021, through August 31, 2024
- Grant partners:
 - ITCA-AAA
 - Three tribes in Arizona (Pascua Yaqui Tribe, Tohono O’odham Nation, and Hualapai Tribe)
 - Banner Alzheimer’s Institute (BAI)
 - International Association for Indigenous Aging
- Tribal staff were trained by ITCA-AAA PTC master trainers to be PTC class leaders
- Tribal staff delivered the PTC training in tribal communities
- BAI delivered community dementia education:
 - Understanding Dementia (six-week PTC training)
 - Dementia Friends
 - Walk With Me, a music program
 - Balance for Brain Health
 - Native American Beacon Newsletter & Beacon Spotlight



ADPI – Dementia Capability in Indian Country (cont.)

BAI provided community dementia education:

- PTC class, Understanding Alzheimer’s Disease
- Dementia Friends
- Balance for Brain Health
- Native American Beacon Newsletter & Beacon Spotlight
- Walk With Me music program
- Native American activity placemats



PURPOSE: Reawaken youthful spirit. **ENGAGEMENT:** Challenge abilities. **SOCIALIZATION:** Foster communication and sharing of stories.



Outcomes

ITCA-AAA/Tribal Partners

- ITCA-AAA trained 26 PTC class leaders
- PTC class leaders taught 20 six-week sessions of PTC with 192 participants

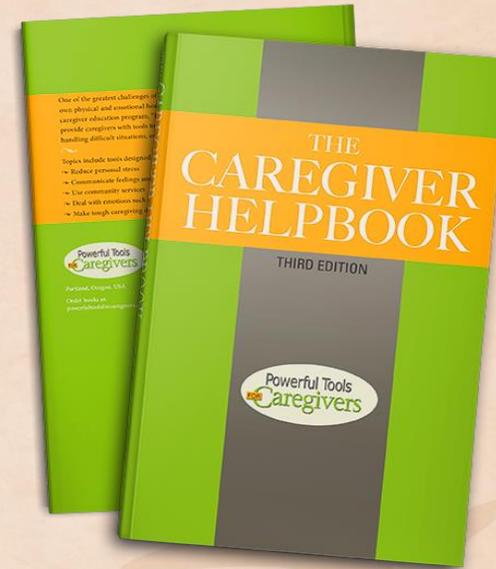
Banner Alzheimer's Institute

- 81 Dementia Friends Champions were trained
- 407 Dementia Friends were trained
- 123 individuals participated in the Walk with Me music program
- 366 participants underwent brain health training
- 24,000 copies of the Native American Beacon Newsletter & Beacon Spotlight were distributed in the three partner communities



Why Did We Choose Powerful Tools for Caregivers?

- Evidence-based educational program
- Focus on caregiver self-care
- Train-the-trainer model
- Detailed, scripted curriculum
- Video and audio resources
- *The Caregiver Helpbook* serves as a companion book to the class (available electronically)
- PTC has been successful in tribal communities in Arizona for over 10 years



ptcaregivers@iastate.edu



Origins and Development

- Offered since 1998 with 4,500 class leaders trained in the United States, Canada, and Korea
- Over three years of pilot testing
- Provided to over 70,000 caregivers
- Program expanded to serve parents of children with special needs



Headquarters

On July 16, 2021, Iowa State University assumed the role of PTC headquarters:

- Iowa State University
101 MacKay Hall
2302 Osborn Drive
Ames, Iowa 50011-1078
- Phone: (515) 294-8521
- Email: ptcaregivers@iastate.edu





Class Description



Evidence-Based PTC Program for 8–15 Family Caregivers

Classes are led by two certified class leaders for:

- Caregivers (90-minute or 2½ hour workshop weekly)
- Caregivers of **children with special health and behavioral needs** (2-hour workshop weekly)

Classes can be delivered either in person or virtually for six weeks.





Class Topics





Training Requirements

Class Leader

- Complete two full days of in-person training **or** 15 hours (three hours per day for five days) of virtual training
- Pay \$340 fee for class leader training
- Agree to terms outlined in the Class Leader Certification Agreement form
- Within a year of training completion, PTC class leaders **must teach** two series of the six-week caregiver class

Master Trainer

- Complete four series of the six-week class, with one series conducted during the 12 months before the training for master trainers
- Conduct a PTC class leader training within the six months after the training for master trainers
- Obtain written support of sponsor organization
- Complete the three-hour virtual training for master trainers
- Pay \$525 fee to become a master trainer
- Agree to terms outlined in the Master Trainer Agreement form



Preparation

- ACL program requirements under Title III-D of the OAA
- National Council on Aging – Find evidence-based programs that match your community's needs and are approved for funding through OAA Title III-D (<https://www.ncoa.org/evidence-based-programs>)
- Tribal leadership approval
- Community needs – Title VI Needs Assessment Survey, National Resource Center on Native American Aging, University of North Dakota
- Staff
- Costs (e.g., licensing, training materials)
- Sustainability



Adaptation

Develop programming unique to the character of the tribal community and regional setting

Embrace local traditions and culture

Involve leadership, council, and community organizations

Include family caregivers, care recipients, and extended family

Use tribal, regional, state, and national resources

Adaptation





Budgeting

No licensing fee

Class leader fee: \$340

Master trainer fee:
\$525

Caregiver Helpbook:
\$25

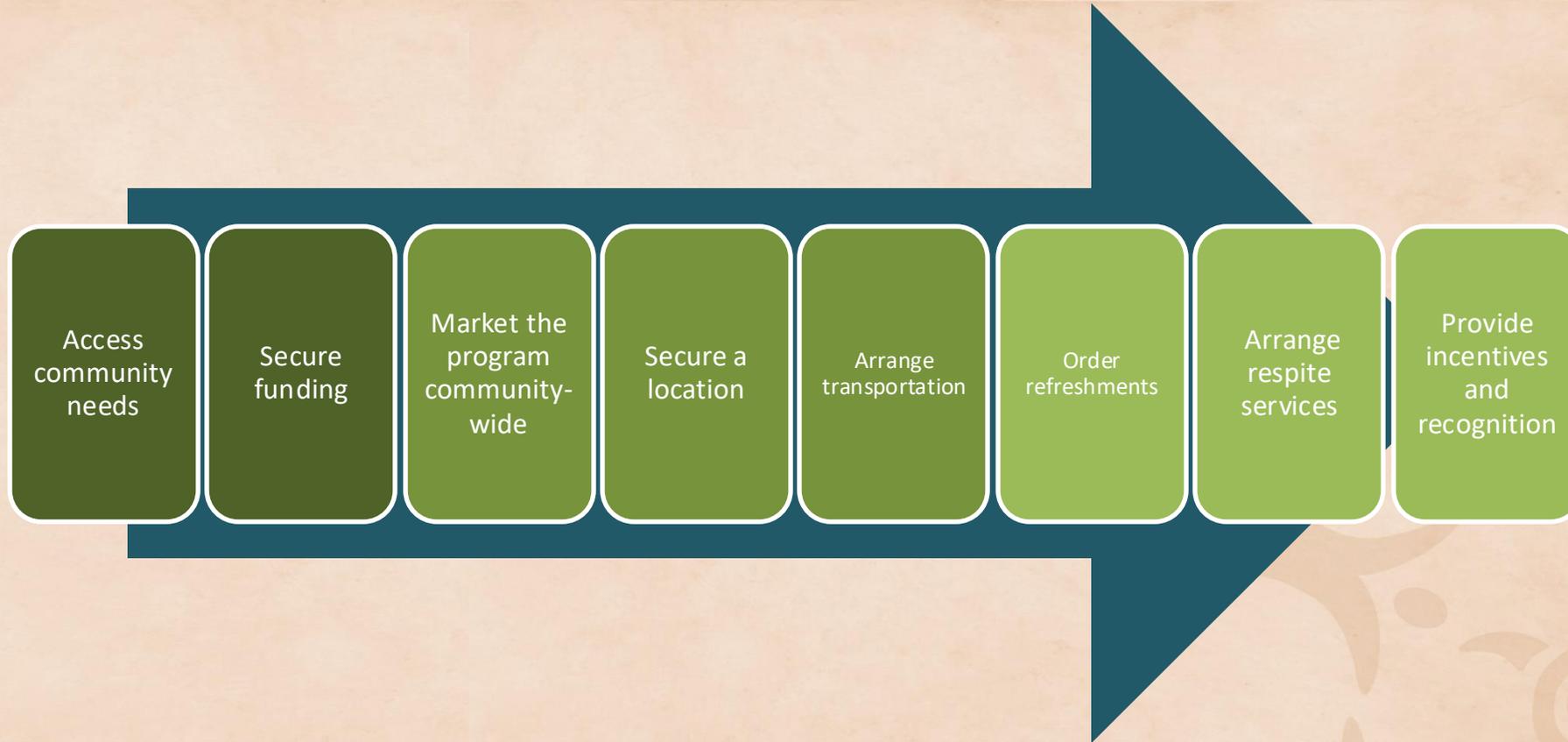
Food: Healthy snacks,
meal at graduation

Supplies: In-person training requires two easels, sticky and removable flip charts, colored markers, name tags, pens, notebooks, sign-in sheets.

Virtual training requires sign-in sheets, leader materials, evaluation (all provided online by Iowa State University).

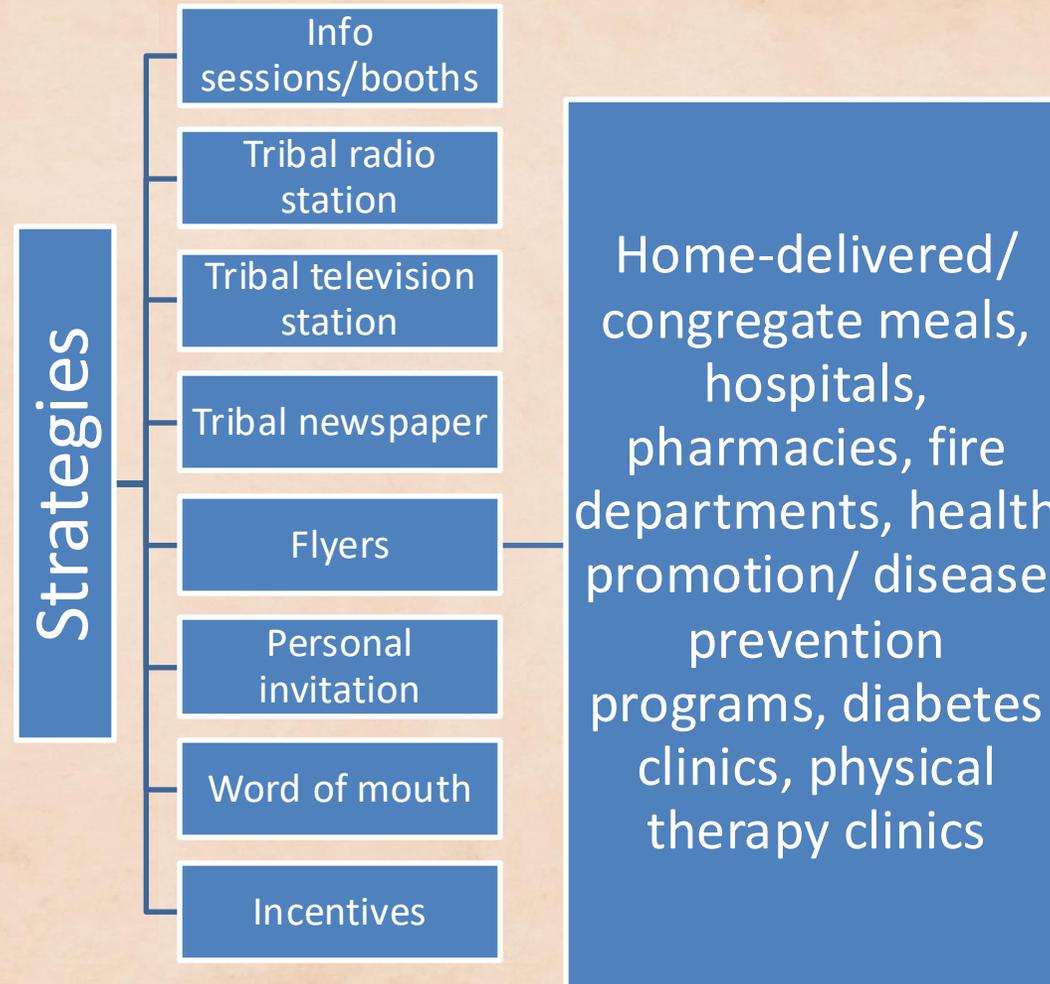


Program Implementation



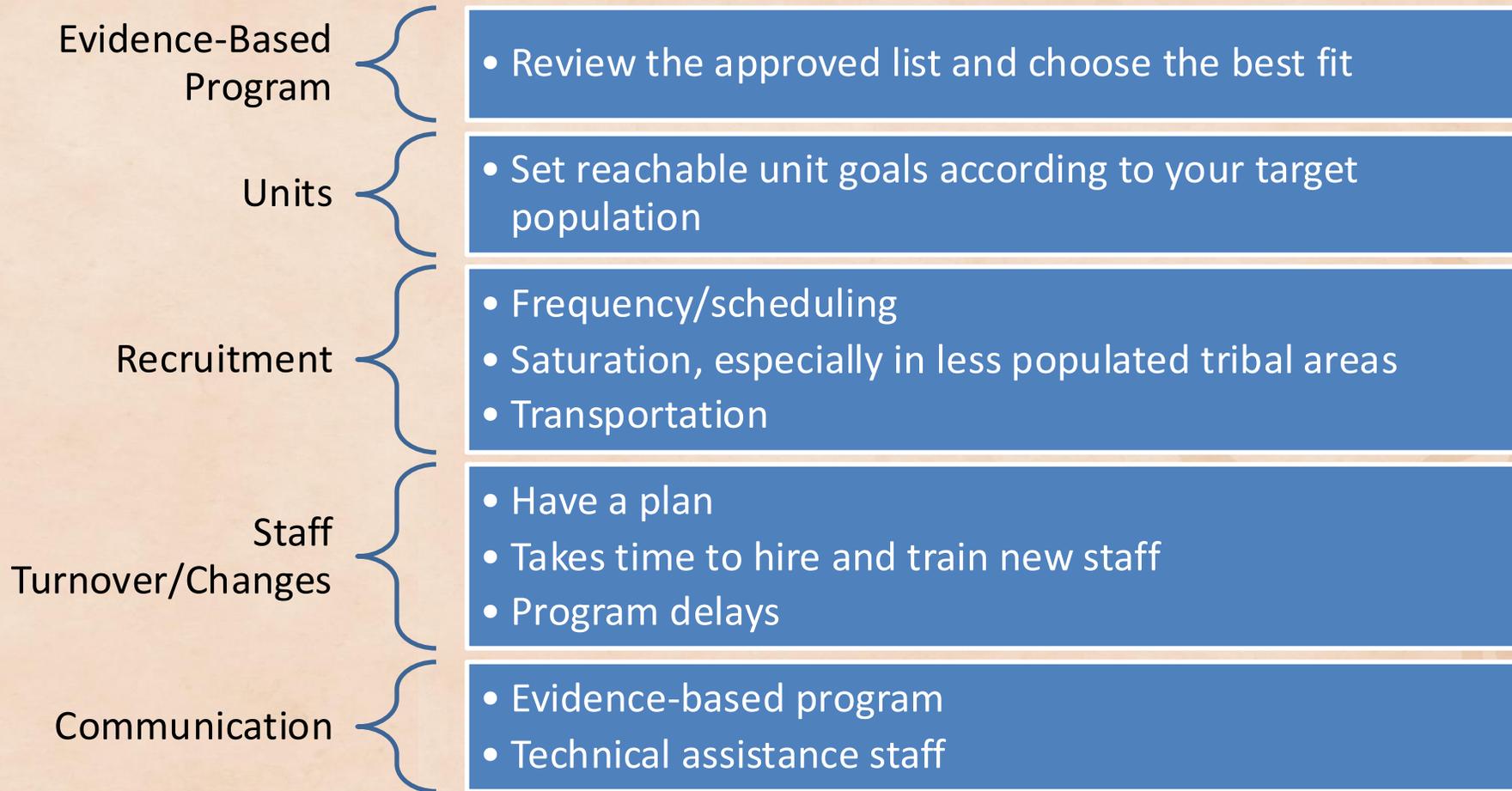


Outreach





Lessons Learned





Testimonials

- Learned that I am not alone.
- Learned about handling stress and taking care of myself. Gave me tips on how to better communicate with family.
- Learned about goal setting, creating boundaries, and how to talk about my feelings.
- This was great training – all caregivers should come to this training.





Thank You

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Questions?

