

Reducing Stress in Caregiving

Presentations include:

CRUISE Through Caregiving: How to Reduce the Stress of Caring for a Loved One

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has acute or chronic illness is no vacation...but you can choose to cruise more smoothly through the process. This presentation will help family caregivers identify some of the major stressors involved in caregiving. Attendees will leave this presentation with strategies on how to minimize, manage and prevent stress of caregiving following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One*.

Narcissistic, Borderline & Histrionic Personality Disorders In Caregiving: How To Survive

Approximately 15% of all people have a personality disorder (DSM-5). These often undiagnosed conditions impair a person's ability to reason and relate effectively with others. If your loved one has a lifelong history of being overly dramatic, difficulty respecting boundaries, focusing exclusively on self, or a need for excessive attention, he or she may have a personality disorder or personality disorder traits. Join us for this interactive program that will help you better understand your loved one and how to avoid burnout caring for a person with narcissistic, borderline or histrionic personality disorders.

Boundaries In Caregiving: Preventing & Avoiding The Martyr Syndrome

Caregivers are amazing individuals. They selflessly devote their time, energy and financial resources to making life better for a loved one struggling with a challenging health diagnosis. Despite their good intentions, many caregivers unintentionally take on too much, putting their own health and well-being at risk. When caregivers develop "the martyr syndrome" and are reluctant to look for or accept help, the consequences can be devastating. Join us for this interactive discussion on how to set limits in caregiving while still providing excellent care for your loved one.

As Featured in:



Jennifer FitzPatrick, MSW, LCSW-C, CSP
Speaker • Author

With an expertise in gerontology, caregiving and dementia, Jennifer is a licensed clinical social worker and one of less than 800 Certified Speaking Professionals (CSP) worldwide.

She is the author of *Cruising Through Caregiving: Reducing The Stress of Caring For Your Loved One* and a gerontology instructor at Johns Hopkins University. Jennifer appears frequently in the national media, including on Maria Shriver's website, *The Women's Alzheimer's Movement*.

Her programs help family caregivers and healthcare professionals:

- Reduce stress and fatigue
- Set realistic boundaries
- Stop making promises they can't keep
- Balance work and caregiving



Ready to reduce the stress of caregiving?

Schedule Jennifer for a presentation today!

Contact Darlene • darlene@jenerationshealth.com
443-416-7710

Testimonials

"Thank you for the event a couple of weeks ago! I can't wait until you can come back. Everyone (including myself) was so engaged and impressed by your knowledge and presentation. You are amazing."

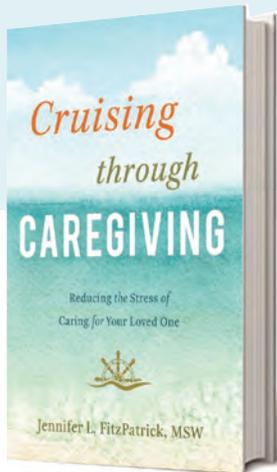
Kaitlyn Russo, Community Sales Director, Brightview Senior Living

"Jennifer led a workshop for a room full of stressed-out caregivers working full-time jobs. She clearly understood the challenges they faced and offered concrete suggestions to reduce their stress. I wish all caregivers had the opportunity to be recognized and helped the way our audience was."

Dr. Barbara Fowler, Johns Hopkins University

"Jennifer is by far the most compelling speaker I have used and/or heard to date."

Alison Ruchaevsky, Marketing Director, Green Hill, Inc.



Book Reviews

This is a useful resource from someone with vast experience, both as a gerontologist and a caregiver.

Kimberly Williams-Paisley, Actor and New York Times best-selling author of *Where The Light Gets In*

This is a wonderful reference for those in or contemplating a caregiving role for a senior.

Andrew Hook, CELA, AEP, CFP, Past President of The Special Needs Alliance

Partial Client List

Alert Pharmacy Services
Alzheimer's Association
American Case Management Association
Artis Senior Living
Bayada Home Health Care
Brightview Senior Living
City of Alexandria

Easton Police Department
Erickson Living
Fox Rehab
Georgetown University Hospital
HCR Manor Care
Jefferson University Hospitals
Johns Hopkins Hospital

Life Care Planning Law Firms Association
Methodist West Houston Hospital
National Association of Social Workers
Society For Social Work Leadership
In Healthcare
Sunrise Senior Living
University of Maryland



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