

# Reducing Stress in Dementia Care

## Presentations include:

### Guilt, Anger and Stress:

#### Working Through Difficult Feelings As A Dementia Caregiver

Caregiving – particularly when your loved one has dementia – takes over our entire lives. Sometimes caregiving can become our life.

- Do you ever feel sad that your duties as a caregiver prevent you from attending the big events in your children or grandchildren's lives?
- Are you ever angry that you don't have time to see a movie or visit with friends?
- Have you ever worried that your boss doesn't really understand that you are late because your loved one had a doctor's appointment?
- Do you ever feel guilty that you aren't doing enough for your loved one?
- Do you ever feel overwhelmed, and that you aren't doing anything well?

Stressful feelings are a normal part of caregiving. What's important is recognizing and handling them appropriately. Learn why these difficult feelings impact almost every dementia caregiver and what you can do to minimize their negative effect on your life.

### Stop Asking How Their Day Was:

#### Connecting More Meaningfully With People Who Have Dementia

When someone has dementia, asking questions like, "How was your day, Mom?" is often counterproductive. Join us for this interactive program on what to say to someone you love who has dementia and how to establish and maintain more meaningful connections. This program is particularly helpful for those who are visiting their loved ones in senior living communities or at another person's home.

### CRUISE Through Caregiving:

#### How to Reduce the Stress of Caring for a Loved One Who Has Dementia

On a scale of 0-100 is your stress level 150? Caregiving for a loved one who has dementia 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 the prevent stress of dementia caregiving following the CRUISE methods based on the book *Cruising Through Caregiving: Reducing The Stress of Caring 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 and has been featured on Maria Shriver's website, *The Women's Alzheimer's Movement*.

Her programs help family dementia caregivers and healthcare professionals:

- Better understand different types of dementia
- Communicate more effectively with those who have dementia
- Reduce the stress of caring for someone with dementia
- Strike a balance between dementia caregiving and other responsibilities



Ready to reduce the stress of dementia caregiving?

*Schedule Jennifer for a presentation today!*

Contact Darlene • [darlene@jenerationshealth.com](mailto:darlene@jenerationshealth.com)  
443-416-7710

## Testimonials

*“Jennifer conducted several day-long workshops for our agency about early memory loss, dementia and how to support people experiencing these conditions. She is a dynamic speaker, well informed and skilled in encouraging audience participation. The time passed quickly! Addressing some complex issues, she encouraged audience members to help each other. As a result of engaging Jennifer, we were better prepared to start four early stage memory loss programs and have two in the planning phase.”*

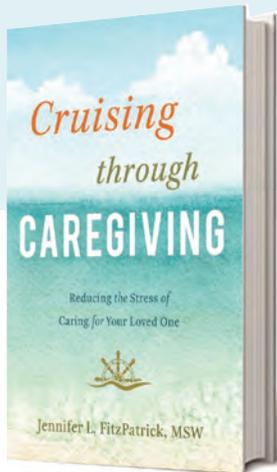
Carol Barnett, Planner, State of Delaware

*“Jennifer FitzPatrick is an expert in her field, spoke from her heart and had a great deal of compassion for the audience and individuals she spoke to. She would be a fantastic resource for any company or organization that is looking to connect with a speaker in the area of caregiving responsibilities.”*

Kimberly Lehouiller, Vice President, Nestle Professional

*“Jennifer understood our needs and tailored the training so that it answered our questions and better prepared us for the next time that we encounter a citizen with dementia.”*

Sergeant Jim Miller, Easton Police Department



## 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*

*I strongly recommend this book not only to families dealing with the stress of caregiving, but also to the professionals who seek to help them.*

Marsha Goodman, CELA, President, Life Care Planning Law Firms Association

## Partial Client List

Alert Pharmacy Services  
Alzheimer's Association  
American Case Management Association  
A Place For Mom  
Bayada Home Health Care  
Brightview Senior Living  
Brookdale Senior Living

City of Alexandria  
Erickson Living  
Five Star Senior Living  
Georgetown University Hospital  
HCR Manor Care  
Jefferson University Hospitals  
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  
The Arbor Company  
University of Maryland



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