

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 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*.

Negotiating Difficult Personalities in Family Caregiving

Approximately 9% 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 ill loved one (or someone else in your family) 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 traits. Using humor and relatable examples, former psychotherapist Jennifer L. FitzPatrick will help you better understand your loved ones who have personality disorder traits, while avoiding conflict and burnout in caregiving situations!

Sweet Dreams: Reimagining Caring for Your Older Loved One So You Sleep Better at Night

If you want to stress less and sleep better at night, this self-care keynote program was created just for you! Family caregiving is an admirable but exhausting endeavor. While giving as much as they can physically, family caregivers experience a range of uncomfortable emotions like guilt, anger, stress, resentment, and burnout but often have no idea how to manage them. Led by a former geriatric psychotherapist, this program will help you redefine your caregiving situation so your stress level is reduced, you sleep better at night, and your loved ones still get the care they deserve.

As Featured in:



Ready to reduce the stress of dementia caregiving?

Contact: contact@generationshealth.com

443-416-7710

Schedule Jennifer for a presentation today!



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

Former psychotherapist, Jennifer L. FitzPatrick is a keynote speaker, author, coach and consultant. She was a gerontology instructor at Johns Hopkins University's Certificate on Aging program for over a decade.

Jennifer appears frequently in the media and has been featured on HLN, ABC, CBS, NBC, Univision, Sirius XM and in The Wall Street Journal, The Washington Post, Fast Company, Reader's Digest, Forbes, U.S. News & World Report, The Huffington Post and many more. A member of the National Speakers Association, she is one of less than 800 Certified Speaking Professionals (CSP) worldwide.

She has served as a Care Advisory Board member for Hilarity for Charity (HFC), the non-profit founded by Seth Rogen and Lauren Miller Rogen since 2000. She's not great at yoga, math, or baking, but she will ROCK your event!

Testimonials

"Jennifer's presentation was energetic, high-content and filled with great stories that motivated the audience."

Nancy Convertito, Regional Vice President of Sales, Belmont Village

"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."

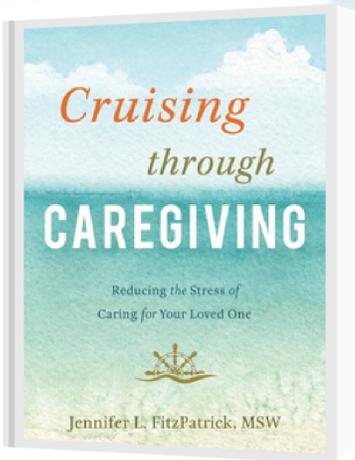
Dr. Barbara Fowler, Lifespan Services Manager, Johns Hopkins University

"If you want a speaker who is flexible and truly interested in helping you inspire your members during this challenging time, Jennifer is an excellent choice."

Diana Martinez, President & CEO, Texas Assisted Living Association

"What a great way to start the conference! I could see that you really connected with the audience and I heard lots of wonderful feedback about your presentation all day. You were outstanding!"

Ilene Rosenthal, Program Director, Alzheimer's Association



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 Lights 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

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