



“Caregiving Solutions for Boomers and Their Parents”

Presented by Kari Berit, speaker, author, consultant

DESCRIPTION Baby Boomers grew up under the dictum, “Act your age.” Now it’s time for them to “Act Your Smarts” – to use the experience, knowledge, skills and wisdom they’ve acquired in their careers and their families to help their parents make sense of complex choices.

Kari Berit shows them how. She creates a warm, safe, upbeat environment in which to deal with some of life’s scariest questions – the ones that come as their parents age and face difficult choices:

- Will I be able to physically care for my parent(s)? What about my siblings?
- Will they stay in their home or need to move to senior housing?
- Will they be able to continue driving safely?
- Do I need to go to their doctor appointments with them?
- Will they fall prey to the many scams directed at older people?
- Will they make effective estate and other end-of-life plans?
- Are they depressed? Do I need to mention this to their doctor?

Tough questions all – and, for many Boomers and their parents, the only thing tougher is talking about them *now*, while there’s time to consider a full range of options and make plans the whole family can support.

FORMAT OPTIONS Keynote; Presentations made in conjunction with sponsored events or expos; Free-standing sponsor-directed events; Pre-existing community events or expos; Presentations made in academic and other community settings, or Half-day workshop

TARGET AUDIENCES Baby Boomers and their parents who find themselves in an unexpected caregiving situation

BENEFITS & OBJECTIVES Kari Berit helps start those conversations. She helps identify and defuse the vexing “elephant in the living room” issues that can leave even the most confident and capable tongue-tied. And she helps Boomers and their parents find the kind of “age-assertive” resources and support that can make the coming years more enjoyable and satisfying – for all the generations involved.

ABOUT KARI BERIT Kari Berit brings her engaging, high-energy presentations to caregivers, older adults, and anyone who will be older tomorrow! Speaking across the country, she wins applause for her sincere, insightful, and fun-loving approach to a serious subject affecting us all. Her experience includes: a M.S. in Continuing Education, a B.A. in Psychology and International Health Care, 13 years as Resident Manager, Dementia Care Director, and Assisted Living Manager in Senior Housing communities, 18 years of teaching and leading programs for older adults. She is the author two books, *The Unexpected Caregiver* and *Attainment’s Mental Fitness Instructor’s Guide*, and writes a syndicated column, *Acting Your Smarts*. She has been a caregiver to her mother and grandfather.



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