

*Kari Berit provides age-assertive™ strategies for dealing with the delicate “elephant in the living room” issues facing seniors and their adult children. In the safe, solutions-oriented environments she creates, cross-generational conflicts are defused, and Baby Boomers and their parents learn how to address the tough questions involved in aging, both personally and as a family.*

## **Keynote Offerings:**

### **The Unexpected Caregiver**

Ready or not: You're a caregiver! As parents grow older, a growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get *emotional* training for this role? Armed with facts and humor, we'll explore the needs of caregivers—from mental fitness resources to communication tips.

*“Kari Berit is as delightful in print as she is during her professional speaking engagements. She tells it like it is: with humor, respect and wisdom. Kari Berit is savvy about family challenges that can arise in the care of aging parents and is a fountain of knowledge about creative activities that work”(B.Roberts, St. Olaf College)*

### **Help! I'm Turning into My Mother!**

We love her so much, but that doesn't mean we want to be a carbon copy of her. Maybe we'd like to make some different choices, keep changing and challenging ourselves, not “let ourselves go.” The rest of our lives could be a long time—how to make the best of those years? We want to go on being strong, vibrant, attractive women.

### **Forget Less; Remember More**

Ever forget where you put your car keys? That's normal. Forgetting what car keys are...not normal. What is the difference between normal aging and memory loss? Arm yourself with the facts about your brain and reduce your worries. We'll explore how the human brain works and what it needs to stay healthy. And you'll try Aerobics of the Mind and discover how fun, simple activities can help you think more clearly and forget less.

### **Women and the Caregiver Casserole**

As a rule, men don't make hotdish. It's just something everybody expects women to do – even if there's no recipe. The need's there. The family's waiting. Just throw something together and it'll be good enough for now. What works for making casseroles doesn't work for giving care, however. Yet today, millions of women nationwide are becoming primary caregivers to aging parents – and there's no recipe. Kari Berit provides the ingredients you need to create a more joyful caregiving journey.

## **Keynote or Half-day workshops:**

### **Take Charge of Your Brain**

“Use it or lose it” has been the motto for our bodies. Now science is teaching us that the same goes for our brains. Although the brain is not a muscle, it responds to stimulation that is unusual and complex. Learn how to exercise your brain and take charge of your life. (*Half day workshop can include an introduction to Dementia/Alzheimer’s Disease: Gain a better understanding of normal aging vs. aging with disease. Rather than worry about getting Alzheimer’s disease, learn how to take care of your brain and how to interact with someone who has dementia.*)

### **Embracing Your Aging Self**

Even though we’ve always been aging since birth, do any of us know what to expect? Do we know how to behave as we get older? What can we control and what do we need to learn? Who will take care of us as we have increased needs? Once you understand the aging process better, you’ll grow into your older self more confidently with humor and self-esteem.

*“The program [Embracing Your Aging Self] gave me usable ways of improving my communication with older adults, increased my comfort level with sensitive aging issues, helped to diffuse myths on aging, shed new light on important issues....” (J. Mack, Presbyterian Homes, Greensboro, NC)*

### **“What Did You Say?” Team Building & Communication**

Communication is key in building a team that respects each other, works well & recognizes each other’s talents...but it’s not a skill that comes naturally. To become an effective communicator, we need to look at our own communication style and how we interact with others. We also benefit from learning assertive communication techniques, enabling us to avoid emotional outbursts caused by defensive communication. Communicate in ways that make a huge difference in your team!

### **Caring for the Caregiver**

A growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get emotional training for this role? When these “unexpected caregivers” interact with professional caregivers, tension can arise. As professional caregivers, you are called to care for the residents, their family and also yourself. Armed with facts and humor, we’ll explore the needs of caregivers, and find ways to support them while their loved one lives within a senior living community.

### **Professional Caregivers: “Building a Tool Kit to Better Connect”**

Professional caregivers need to know how to connect with those they care for—quickly, showing genuine interest and on a time line—while providing assistance with daily tasks. These short interactions are a challenge, let alone adding a dementia component to the mix. In the day-to-day care, communication can become defensive and hurtful. Family and loved ones can come across as unappreciative. And those you care for can be just plain cranky. Learn tools that will bring you more joy and less stress on the job.