



Caregiving 911

WHY CALL? Worried about your parents or other aging loved ones?
Do you sometimes feel like you have to figure out all the answers by yourself?
Wouldn't it be nice to have someone to talk to about it—someone other than your sibling, your colleague or your hairdresser?

CAREGIVER COACH Kari Berit draws on years of experience as she helps you through the ups and downs of aging. But she also knows that sometimes what you need most is a good listener.

Aging is inevitable, but parents and children have many choices in how they respond to a range of issues around aging. Understanding what those choices are can make a real difference—a positive difference. You can find relief from worry as your parents have more satisfactory dealings with family, caregivers, and others.

Call Kari today about your situation, at 651-388-6789. The first telephone consultation is free. *All calls are confidential.*

By appreciating all the implications of your parents' aging, you can begin to manage critical issues that include stress management, housing, distance care giving, government programs, and—especially—family dynamics. Being well informed and feeling supported helps you deal with new realities, give yourself a break, possibly change some attitudes, and even regain your sense of humor.

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, over 20 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*, contributes to national magazine, and hosts a weekly radio show. She has been a caregiver to her mother and grandfather and currently cares for her sister.

**Call Kari today:
651-388-6789**

**"Having Kari as my caregiver coach was the best thing I've done for myself and my parents."
Laura M.**


Kari Berit
PRESENTS
speaker. author. consultant.

