



Caregiving Speaking Topics for Sherri Snelling – CEO of the Caregiving Club

1. **The Sandwich Generation – Juggling Children, Career and Caregiving**

More than 24 million Americans are “sandwiched” between caring for two generations: children still at home and older parents. In addition, 7 out of 10 caregivers are also working full or part time. What are the special challenges these caregivers face? How can caregivers manage stress, burn-out and depression which can lead to other health risks? Sherri reviews the challenges and provides solutions on how caregivers can juggle it all (with a little help from friends, volunteers, community services, employer support) without risking their own health and wellness.

2. **The Parent Trap – The Caregiving Guilt Trip**

More than 44 million Americans are caring for an older parent or other loved one over age 50. One of the biggest challenges caregivers face is how to overcome and deal with guilt. Guilt they aren’t doing enough, guilt they are frustrated and may lash out at their loved one or others, guilt they are ignoring others in their life – kids, spouse, work – while caregiving. Sherri provides tips on how caregivers go from guilt to gratitude along their caregiving journey.

3. **Caregiving Stress - Mars v. Venus**

Of the 65 million Americans who are caregivers, 66% are women and 34% are men. Since stress is the #1 health issue caregivers face, what is the difference in how women versus men deal with caregiving stress? What are the health risks of long-term stress? Sherri provides the stress management solutions that help both men and women.

4. **There’s No Place Like Home**

Studies show that 89% of older Americans want to stay living in their homes as independently as possible as long as possible. Sounds great but as a caregiver, what should you know about helping a parent or older loved one “age in place” in their homes? What should you know about universal design, home safety modifications, granny pods, risk of falls, problems with senior isolation? What services are available to help you with in-home care, modifying a loved one’s home, meal delivery, socialization, etc.? Sherri will guide you down the yellow brick road of caring for a loved one at home.

5. **Care Transitions – How to Manage Hospital to Home Seamlessly**

One of the biggest issues facing caregivers is the transition of care from a hospital to either home or another facility – this is called Care Transitions. With hospital discharge planners and case managers overworked and under-resourced, finding and providing the right care for your loved one falls to family caregivers. What do you need to know about care transitions? Who is a hospitalist and what do you need to know about this professional? What questions should you ask? What services are available to help you with in-home care and how do you make the best choices for your loved one? Sherri will review all the answers to your caregiving questions about care transitions.

6. **The Caregiving Health and Wealth Connection**

We are a nation of caregivers – 65 million Americans strong. Yet, the physical, emotional and financial tolls of caregiving are a real risk that families face. Sherri reviews the health risks of caregiving – insomnia, depression, poor nutrition and exercise, neglect of personal doctor and dental appointments – and the financial risks such as what you are paying out of pocket and what could bankrupt your future (and what should you know about taxes or getting paid for caregiving?). Sherri will show you where there is help and solutions to shore up your health and wealth when it comes to caregiving.

7. Caregiving 2.0

There is a wealth of technology products and services available to help caregivers – remote monitoring devices, location management services for loved ones with Alzheimer’s, personal emergency response systems, medication safety gadgets, and apps and tools to help with senior driving, senior isolation and other issues. What are they? What do they cost? Where can you find them? Sherri will take you on the Tech Tour for Caregivers.

8. Caregiving Matchmakers and How to Avoid the Goldilocks Syndrome

If you are a caregiver, you have a lot of choices about your loved one’s care. How do you find the best in-home care and what should you be aware of (gray market services)? If your loved one needs to move from their home to an alternative living facility – what are your choices? Sherri helps caregivers avoid “The Goldilocks Syndrome” – trying out several living options putting a strain on you and your loved one having to move every couple of years or go through a series of in-home care workers. The choices are endless and there are services and professionals who can become your best matchmaker so that you and your loved are in perfect harmony.

9. Far and Away

More than 7-8 million caregivers are caring for a loved one long-distance. This can cause undue anxiety, guilt and concern over your loved one’s care. Sherri takes you through the warning signs that your loved one may need more care than you think and how to handle these caregiving challenges from a distance.

10. Having the C-A-R-E ConversationsSM

One of the most difficult tasks as a caregiver is how to start the conversation with an older loved one about their future care. Where and how do you begin? When do you have this conversation? How do you find out about their future care plans and end-of-life wishes? How do you start the conversation about driving retirement? And how do you do it so you are empathetic to your loved one and solving the challenges that you both face? Sherri will take caregivers through her tips called the C-A-R-E Conversations.

11. The New Era of the Caregiving Concierge

Wouldn’t be nice to have a concierge who could help handle some of your caregiving questions and needs? Well, they exist – you just need to know who they are and where to find them. Sherri gives you insights into these concierge-type services whether its telemedicine, lifestyle transportation, health advocates and navigators, geriatric care managers and others who can help you shoulder the burden and find the best options and services to care for your loved one.

12. The Pursuit of Caregiving Happiness – Me Time MondaySM

Caregivers have an Achilles Heel – neglecting their own health and wellness. Being a good caregiver means balancing self-care while caregiving but how do you do this? What is Me Time and how do you find it? What is the science behind laughter, finding your inner child, seeking nature and just having fun to help you avoid caregiving burn-out? Sherri takes you to the Caregiving Fun Zone where you will learn how to balance on the caregiving see saw.

Sherri Snelling also speaks about health and wellness issues specific to women age 45+ and to business and non-profit groups about forming partnerships that profit all. For a list of these other topics, please email: speaker@caregivingclub.com.