

Inspiring. Persuasive. Engaging.

Author | Speaker | Caregiver Advocate



** S.O.S. for the Inadvertent Caregiver*

This presentation reviews the hazards of plunging unprepared into a family caregiving assignment, tailored for professionals or for novice family members.

Takeaways: The business, health, and emotional issues you should consider before accepting the assignment. Based on Dr. Greenhut's current book: *The Rational Caregiver: How to protect the Quality of Your Life While Taking Care of Other People..*"

** How to Prevent Family Caregiver Premature Mortality*

Globally, at least one-third of family caregivers are likely to die before their loved ones,, usually of a stress-related illness. Rest and respite do not go far enough to maintain quality of life. When caregiving shifts from service to servitude, everyone loses.

Takeaways: How families can and must share the burden instead of imperiling the caregiver.

** How to Reframe Your Caregiving Commitment: An interactive Session to Reclaim Your Time and Compassion*

Takeaways: A measure of your stressors and a heart map for a different path forward. Stories and Solutions can be shared to reinforce these new understandings.*

Deborah S. Greenhut, PhD

Author | Speaker |
Caregiver Advocate

Award-winning author speaks on difficult subjects in family mental health. Following more than 40 years as an educator, corporate trainer, keynote speaker, and consultant, Dr. Greenhut laser-focuses her attention on the global plight of family caregivers. Deborah presents to professional and familial caregivers to improve their quality of life.

Deborah will bring her care and commitment to a passionate keynote or retreat break to serve your group. As a frequent family caregiver, Deborah is a sought-after interview guest and a highly regarded adult facilitator of writing and goal-setting workshops.

What interviewers are saying about *Dr. Deborah Greenhut*:

"What an incredible, powerful interview" –Ed Coombs, *Healthy Love and Money*

"Your grasp of relationships is top-notch" –*It Takes 2 with Amy and JJ–Fargo, ND Morning Show KFGO*

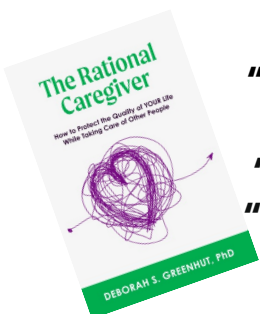
"Awesome chatting with you...you definitely helped me." –Glen Bingham, *Betterism*

Amazon ***** reviews of *The Rational Caregiver*:

"This well, written, easy-to-read and concise book is a must for any caregiver."

"This book is a valuable guide for those eager to assist others."

"[A] brave recounting of all that is at stake when we put our own lives on the line to care for others."



Contact: deborah.greenhut@gmail.com | VM: 323.510.8816