



Press Release and Information Kit

Inspired  *Caregivers*
Teaching, Coaching, and Mentoring Caregivers

Version 1.0

Issued: July 1, 2014

Presented by: Pamela Spahr



OVERVIEW

According to the Alzheimer's Association:

- **An estimated 1 in 9 older Americans have Alzheimer's. That translates to 5 million Americans in 2014.**
- **Every 67 seconds someone in the United States develops Alzheimer's.**
- **The projected number of people who will suffer Alzheimer's in the U.S., by 2050, is 13.8 million.**
- **Deaths from Alzheimer's increased 68 percent between 2000 and 2010, while deaths from other major diseases decreased.**
- **Alzheimer's disease is the only cause of death among the top 10 in America that cannot be prevented, cured or even slowed.**
- **Alzheimer's deaths in California have increased by 146% since 2000 making it the 5th leading cause of death in the state.**
- **In 2013, Americans provided 17.7 billion hours of unpaid care to people with Alzheimer's disease and other dementias. Most of those unpaid caregivers are family or friends.**
- **Due to the physical and emotional burden of caregiving, Alzheimer's and dementia caregivers had \$9.3 billion in additional health care costs of their own in 2013.**
- **Nearly 60 percent of Alzheimer's and dementia caregivers rate the emotional stress of caregiving as high or very high, and more than one-third report symptoms of depression.**

This Press Release concerns a new strategy for improving communications between patients with Alzheimer's disease, other dementias, or brain impairments, and their caregivers.

These methods are designed to not only improve communications between the patient and caregiver, but also provide effective ways for caregivers to persuade and influence their patients, provide solutions for dealing with challenging behaviors and situations, and reduce the over-all stress to both the caregiver and the patient.

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INTRODUCTION

My name is Pamela Spahr.

People with dementia display different behaviors and emotions than people without dementia. This means that communicating effectively with them is often frustrating, and difficult, and requires additional skills.

Communication takes on a whole new meaning. Communicating requires much more than just talking to a person – it requires a novel approach that is unusual and unfamiliar to most people.

Effective communication with people with dementia becomes a choreography of body movements and voice patterns. This choreography is not unlike a three-part dance step.

Step 1 – Interrupt repetitive behavior or thought displayed by your loved one.

Step2 – Make your move and talk to them in your very best voice.

Step 3 – Help them help you get safe and effective results.

The more advanced the disease, the harder it becomes to deliver the messages to patients. The more advanced the disease, the more important the dance steps become. Why? Because, the patient has less ability to function independently.

I teach caregivers life-altering strategies to respectfully, yet effectively communicate, persuade, and influence their charges to perform daily tasks.

My ebook, “Caregiver’s Survival Toolkit” describes my journey as a caregiver to my husband, who has Alzheimer’s. It also describes core tools that ultimately became my survival toolkit helping me to communicate with him on a daily basis.

PRESS RELEASE

FOR IMMEDIATE RELEASE:
July 01, 2014, 00:00 PM PST
San Jose, CA

Contact: Pamela Spahr, Inspired Caregivers™
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Telephone: (408) 753-9588
Website: www.InspiredCaregivers.com

New Techniques Improve Caregivers Interactions with Cognitive Brain Disorder/Brain Injury Patients

Improves Caregiver/Patient Communications and Reduces Stress

Newly Released eBook for Caregivers

Pamela Spahr, the founder of Inspired Caregivers and creator of the 'Caregiver's Survival Toolkit' advanced course for Caregivers, announced today the recent release of her ebook "Caregiver's Survival Toolkit".

The ebook details her experiences as a family Caregiver and shares the unique behavioral and communications strategies that she discovered. These strategies are designed especially for caregivers who want to communicate effectively and respectfully with brain damaged patients.

The ebook provides caregivers with information about:

- The impact of dementia and Alzheimer's disease on every facet of life.
- A look at what your loved ones or patients might be experiencing.
- Effective communication techniques to help break through the difficulties and struggles of everyday caring.
- A unique 6 step process to use in any caregiving situation.
- How to get results; and then stay on track.

PRESS RELEASE

An Inspired Caregiver

Pamela Spahr, a former high-tech executive from the San Francisco Bay area, was not prepared to assume responsibility for managing her husband who suffered from series of strokes and was subsequently diagnosed with dementia.

Through her “trial-and-error caregiving” she discovered what she calls her ‘survival toolkit’ of master communications techniques. These tools are at the core of her coaching, training, and mentoring principles.

Pamela states that ‘these techniques have made an enormous, positive difference in the quality of my caregiving. They improve how I communicate with my husband and make it easier to accomplish day-to-day tasks that used to cause heart-wrenching frustration for everyone.’

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If you would like more information about this topic, or to schedule an interview with Pamela Spahr, please call her at (408) 753-9588 or email her at:

InspiredCaregivers@Gmail.com

COMPANY HISTORY AND CEO'S BIO

Inspired Caregivers Company Information

Inspired Caregivers was founded in 2013 by Pamela Spahr, a leading authority on using non-verbal communications and body language with patients who suffer from brain impairments or injuries.

Pamela Spahr started Inspired Caregivers after her husband had several major strokes and as a result was diagnosed with dementia. She found that nothing in her High-Tech executive background prepared her for caregiving.

Therefore, she started her own company to help caregivers overcome the emotional and behavioral traumas of working with people who have brain impairment, such as dementia and Alzheimer's disease.

Inspired Caregivers focuses on family caregivers and professional health care workers, such as case managers, case workers, nurses, therapists, Gerontologists, and social workers.

Pamela is the creator of the integrated Caregiver's Survival Toolkit series that currently includes teleseminars, coaching packages, informal and formal talks, articles, blogs, and training courses.

OUR MISSION & VISION

People who have cognitive (brain) impairments, such as dementia and Alzheimer's disease, have difficulty with one or more of the following basic brain functions: perception, memory, concentration, or reasoning skills.

This impacts their ability to remember things, think clearly, communicate with others, or to even take care of themselves.

The mission of Inspired Caregivers is to educate Caregivers, families, and others on how communicating with people who have cognitive (brain) impairments really differ from those who have normal brains. Also, our mission is to teach them strategies for improving the impact of their communications through the use of non-verbal communications and body language.

We want to establish successful partnerships with families, businesses, non-profit agencies, medical personnel, and public agencies that serve people with cognitive (brain) impairments.

We seek to educate and inspire through a variety of programs including: Community presentations; In-Service Training programs; Caregiver Workshops, Coaching, and Mentoring programs; Web-based programs, information, and resource guides; speaking engagements; and publications (website, articles, newsletters, eBooks, Workbooks, etc. . .).

We aspire to bring our communications strategies to the thousands of people worldwide who feel overwhelmed by the challenges of communicating with people with cognitive (brain) impairments. We aspire to help them experience the ease and peace of mind "that I have personally come to enjoy, as part of my caregiving."

Our vision is to enhance the quality of communications between people with cognitive (brain) impairments and those around them. We also strive to create more harmonious relationships with all of those who come in contact with the brain impaired.

AUTHOR Q & A'S

1. Why did you start your business?

I did not want others to go through what I went through. I was in anguish and consistently overwhelmed for months. The emotional toll on me was huge. It took me over 8 months to get back to a relatively normal state of mind. My husband did not come home from the hospital with an instruction manual, so I had no idea how to manage him and his new mental state. That's why I wrote the ebook and started the business.

2. Who is your target audience?

My target audience is anyone who works with people with dementia, Alzheimer's disease or certain other brain impairments. My passion is working with family caregiver; however, professional caregivers can also use my strategies for immediate improvement in their care.

3. What makes you unique?

What makes me unique is that, to the best of my knowledge, I am the only person teaching caregiving techniques that are based on NLP non-verbal communications and a lot of body language to help caregivers improve how they interact and manage patients on a daily basis.

These strategies are very successful in managing many difficult situations and with difficult patient behaviors.

4. How did you discover these techniques?

Several years ago, I had participated in Tony Robbins' Unleash the Power Within program and listened to his Personal Power 2 programs so many times that I wore out the tapes. I also attended several workshops in the Bay Area on Neuro-Linguistic Programming (NLP).

It was through the NLP workshops that I learned about Michael Grinder's year-long non-verbal communication course. It resonated with me at the time and was an amazing course.

I did not realize its full value until I started using the strategies not only in my work environment to help build team consensus, but in working with my husband.

AUTHOR Q & A'S

5. What made you try the ideas on caregivers?

Several months after my husband's release from the hospital, I was beginning to feel disparate and certain that if I could not find an answer to how to work with him on a day-to-day basis, that I would have either a nervous breakdown or a heart attack.

I had nothing to lose, so I found the manual for the course, studied it for a few days, and then dove right into the techniques. I began experimenting with using the techniques on my husband and the difference was amazing. It was so simple to use that I could not believe it. The techniques don't always work nor do they always work on the same behaviors all the time, but they do work over 90% of the time and that was a significant enough improvement for me to be excited.

6. What is your mission?

I want to reach or teach my techniques to the thousands of caregivers worldwide, so that they too can experience the ease and peace of mind that I have come to enjoy as part of my caregiving.

7. What is your biggest challenge?

My biggest challenge has been getting family caregivers to understand that they do not have to suffer; that they can become a more effective caregiver and can rebuild the family bonds that they once had and may have lost. They can have strong relationship with their loved one on a daily basis without overwhelm or mental and physical exhaustion.

8. How did you get around the challenge?

It's like everything else. They have to want to believe that there are answers. They have to believe that because I have been in their shoes and that I understand their problems that I can help them.

9. Why did you write the book?

I wrote the book so that I could reach many more people than would be possible on a one-to-one basis. I feel called to help other caregivers find a better way to take care of their loved ones in a supportive and loving manner that improves the situation for everyone.

AUTHOR Q & A'S

10. What points do you want people to take away from the book?

I want people to know what I went through, what I learned, and that these techniques helped me to not only survive and feel less overwhelmed, but actually helped me to thrive in my caregiving.

11. How do you help caregivers?

I help caregivers in a myriad of ways: I offer coaching and mentoring programs either one-on-one or in groups; I give free teleseminars on subjects of interest to caregivers; I offer an extensive 6 week program for caregivers who are dealing with very difficult people and issues.

I also offer In-Service Training for caregiving professionals and others who interact with people who suffer from cognitive brain impairment issues on a regular basis. These people include Social Workers, Case Managers, nurses, and others. Additionally, I speak at all sorts of senior events and activities.

My goal is to offer a variety of programs and services, including a monthly subscription service, so that people can get ongoing help at a reasonable cost.

12. What part of the business do you like most?

Oh! That's easy. I love talking to other caregivers and hearing their successes and challenges.

13. Why do you like the one-on-one contact?

It makes me feel good to personally help a caregiver and by extension to help their loved ones or patients, as well.

14. What is your best experience to date?

It has to be working with my husband. Every day is different.

AUTHOR Q & A'S

15. What makes it special?

Every day with my husband is a wonderful day. And, besides, I can try out all sorts of new ideas on him. And, he and I both reap the benefits from finding new ways of working together despite his impairment.

16. Is there one core principle that you like most?

Oh, here is one that is very important: If a caregiver uses only positive words people will respond so much better in any situation. If a caregiver uses words like, "No, never, don't," it frequently elicits a negative reaction from the patient and often results in agitation. By using positive words, the patient is allowed to feel safe and is therefore, more approachable.

17. How do people apply the strategy?

People, including caregivers, need to understand that talking to a person with brain impairments is not the same as talking to a normal person. I could talk for hours about the topic, because that is what I teach. Let's just say that being positive is a requirement for dealing well with brain impaired people.

18. How do people know if what they are doing works?

Caregivers notice that the techniques are working when they find that their interactions with the loved one or patient are consistently calmer and their charges are more cooperative.

19. How can people get in touch with you?

The best way to reach me is through the general email address: InspiredCaregivers@gmail.com

20. Do you work just locally?

No. Through the use of modern technology I can work with caregivers both nationally and internationally.

PRODUCTS AND SERVICES

Caregiver's Survival Course – This is a 6 part course designed to provide the most effective communication skills to all levels of caregivers who face the most difficult challenges. This course is created for both professional and family caregivers. It is based on her eBook, "Caregiver's Survival toolkit."

Teleseminars – Pamela Spahr provides complementary teleseminars to caregivers on topics that are helpful to both professional and family caregivers. These teleseminars highlight different topics. These seminars deep dive into unique challenges facing caregivers of people with brain impairment.

In Service Training – These sessions are geared to professional healthcare workers who are looking for additional and unique training in a professional setting.

One-on-One coaching – These sessions are designed to address individual problems and find specialized answers and results for family caregivers.

Group Coaching – These sessions are designed to collaborate around problems and find solutions that are both practical and immediately usable.

E-zines – The e-zine is used to inform caregiver's of new and interesting approaches to caregiving, medical break-throughs, or other information that may be of interest to them.

Blogs – The blog pushes out day-to-day chats about the topic of caregiving and patients.

Home Study Courses – These are used for caregivers who want to learn on their own time and may want to refer back to techniques and how to use them.

Pamela is also a speaker and an author.

CLIENT TESTIMONIALS

"Wow! The book really grabbed me. I read it to the end last night . . ."

David H

"Thank you! Your talk was wonderful, and I love the tips that you gave. . . I would also be happy to recommend you, and we were all grateful for your time."

Kelly M

"What you do is so needed. There just is nothing like it available."

Kate T

"Appreciate your perspective and thoughtful approaches."

Peggy L

". . . how to be creative when dealing with someone who has dementia."

Roz A

RELATED TOPICS OF INTEREST

Caregiver Burn Out

It is very easy for a family member to dedicate themselves to care giving for a loved one.

Many times a family member finds herself (I use herself, because more than 2/3 of caregivers are female) suddenly thrust into a position of caregiving when a loved one becomes unable to care for themselves, as the result of an accident or illness.

Often a caregiver finds that her loved one requires so much time and attention that the caregiver's own personal needs are relegated to the back-burner.

But, what happens when the caregiver gets sick? The flu or a cold is easy to catch, especially when the immune system becomes run down from a constant barrage of stress and anxiety. Eventually, this results in caregiver mental and physical exhaustion. What happens when this stress has taken such a huge toll, that the caregiver is diagnosed with something devastating, such as a stroke or heart attack? Then, who takes care of the patient?

The caregiver must take care of herself first, because so many people including the patient, the family, and friends are depending on her to be there. Simple and easy treats like an hour at the golf driving range, a massage, or even a long brisk walk can help a caregiver feel refreshed and much better able to support their loved one.

Challenges Facing Family Caregivers

One of the most difficult challenges facing a family caregiver who takes care of a spouse, mother, or father is trading places. By this, what I mean the child becomes the parent and the parent becomes the child.

This new set of responsibilities affects all areas of family life. The caregiver is often responsible for housekeeping, grocery shopping, personal grooming, finances, or legal matters just to name a few areas of accountability. The chore can be overwhelming if the caregiver also has a family to care for.

Personally, I found that I needed to assume a lot of new responsibilities, whether I was ready to accept them or not. And, like most people, some of those new responsibilities were difficult to assume. I had either never done them before or by taking them on, I had to admit that our prior relationship, to which I had become so accustomed, was over and that it would not return.

Everything in our lives changed; from the smallest thing like sharing a joke to the biggest thing like signing legal agreements. There was nothing that was not been affected by his illness.

RELATED TOPICS OF INTEREST

Emotional Impact on Caregivers

The emotional toll of coping with daily caregiving is extremely high. On a daily basis just working with a person with dementia or Alzheimer's disease is so stressful to the caregiver on several levels; physically, mentally, and emotionally. Often times the patient may refuse to move or follow directions. Or, the patient can be unfocused, confused or simply uncooperative.

As this stress accumulates over a period of time, the caregiver can see the significant cumulative toll that it takes on them. Often patients live for many years, so the stress just keeps building and building until the toll can lead to catastrophic illness or death.

I have heard that 60% of family caregiver's die before their charges.

INFORMATIONAL REFERENCE SOURCES

Alzheimer's Association

<http://www.alz.org/>

2014 Alzheimer's Disease Facts and Figures

http://www.alz.org/downloads/facts_figures_2014.pdf

Alzheimer Disease International

<http://www.alz.co.uk/>

McGovern Institute for Brain Research at MIT

<http://mcgovern.mit.edu/>

Brain Trauma Foundation

<https://www.braintrauma.org/>

Centers for Disease Control and Prevention

<http://www.cdc.gov/>

CDC Traumatic Brain Injury

<http://www.cdc.gov/traumaticbraininjury/>

CDC Dementia/Alzheimer's Disease

<http://www.cdc.gov/mentalhealth/basics/mental-illness/dementia.htm>

CDC Caregiving for Alzheimer's Disease or other Dementia

<http://www.cdc.gov/aging/caregiving/alzheimer.htm>

CDC Stacks: Dementia and Its Implications for Public Health

<http://stacks.cdc.gov/view/cdc/4096>

American Psychological Association

<http://www.apa.org/>

APA Mental and Behavioral Health and Older Americans

<http://www.apa.org/about/gr/issues/aging/mental-health.aspx>

INSPIRED CAREGIVERS GRAPHICS



Pamela Spahr, Founder of Inspired Caregivers (JPEG Image)



Inspired Caregivers - Logo (JPEG Image)



INSPIRED CAREGIVERS MARKETING COLLATERAL

**Don't struggle! Ease and Tranquility are your Caregiving Right
Insight! Impact! Results!**

INSIGHT: Discover the impact of dementia and Alzheimer's disease on the family unit.
Gain insight into what the patient experiences.

IMPACT: Learn effective techniques you can use immediately, whether you are a new family caregiver, a professional caregiver with limited experience, or a "veteran" caregiver with years on the job.

RESULTS: Recognize whether you are getting the results you deserve. Find out how to increase your effectiveness.

DISCOVER:

- Many challenges facing caregivers and families of caregivers.
- How one dementia patient, my husband, sees his world.
- 6 step process to approach any caregiving situation.
- Ways to "read" your patient's emotional state to ensure successful outcomes, every day.
- 6 revolutionary new techniques to manage your most difficult caregiving situations.
- How your emotional state affects both you and your patient.



**HELPING YOU
HELP OTHERS**

PAMELA SPAHR
<http://www.inspiredcaregivers.com>

About the Author

Pamela Spahr, the creator of the 'Caregivers Survival Toolkit' is a leading expert in behavioral techniques designed especially for caregivers to effectively manage patients with dementia and Alzheimer's disease. Pamela is a former Vice President of a Data Repository company and is also a former Director of Computing and Assistant to the President of a Fortune 500 manufacturing company. She is also a caregiver for her husband who has dementia.

**NOW AVAILABLE
ON AMAZON AT:**
[HTTP://AMZN.TO/1qui4SE](http://AMZN.TO/1qui4SE)

Pamela is a graduate of the University of Wisconsin and Stanford Universities' Advanced Management College. This book is from the heart. It is based on her experiences and should not be construed as giving medical or psychological advice. Visit her web site at www.inspiredcaregivers.com.

Caregivers Survival Toolkit - eBook Cover

INSPIRED CAREGIVERS MARKETING COLLATERAL

Inspired Caregivers

Teaching, Coaching, and Mentoring Caregivers

EFFECTIVE COMMUNICATION IS THE KEY TO MANAGING THE BRAIN IMPAIRED!

Are you:

- ❖ Tired of battling tantrums?
- ❖ Can't get them to listen or focus?
- ❖ Having difficulty dealing with agitation?
- ❖ Searching for kinder, more compassionate ways to cope with their needs?

Learn to:

- ❖ Gently interrupt and redirect for focus.
- ❖ Confidently regain control of difficult caregiving situations.
- ❖ Calmly increase your loved one's cooperation.
- ❖ Quietly dispel agitation.
- ❖ ...And so much more!

I am a family caregiver to my husband who has dementia. In the beginning, I was **overwhelmed** and **over stressed** because so much was suddenly changed and I struggled in this new, unfamiliar, and challenging situation that was difficult to figure out; and I was **over-tired** because I was always on call - 24 hours a day, 7 days a week.

Then, I discovered my **survival toolkit** of master communications techniques. They kept me from tumbling over the edge into utter despair.

These techniques can help you, too.

Now, I use these survival tools all the time. They make a huge, positive difference in the quality of my caregiving by making it easier to accomplish tasks that used to be challenging and cause heart-wrenching frustration for everyone.

I want to teach you how to use these tools so that caregiving can be an easier for you too.

Sign up for a complimentary consultation at www.inspiredcaregivers.com/discovery-session, now.

Inspired Caregivers™

E-mail: InspiredCaregivers@gmail.com

Website: www.InspiredCaregivers.com

Telephone: (408) 753-9588

Inspired Caregivers

Teaching, Coaching, and Mentoring Caregivers

Learn from an Expert

Pamela Spahr,
Founder
Inspired Caregivers



Pamela Spahr is a leading expert on behavioral and communications techniques designed especially for caregivers who want to communicate effectively and respectfully with brain damaged patients.

After her husband suffered from series of strokes, he was diagnosed with dementia. Through her caregiving she discovered the communications techniques that she calls her 'survival toolkit'.

These tools are at the core of her coaching, training, and mentoring principles.

These techniques can help you too.

Pamela, the creator of the 'Caregiver's Survival Toolkit' advanced course, has recently released an eBook about her experiences and the unique techniques that she has discovered.



Available on
Amazon.com
<http://amzn.to/1u9NnAv>

Our services include:

- ❖ In Service Training
- ❖ Individual & Group Coaching
- ❖ Individual & Group Mentoring
- ❖ Personalized Training
- ❖ Speaking Engagements
- ❖ Caregiver Support Groups

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Inspired Caregivers - Family Services Handout

Inspired Caregivers

Teaching, Coaching, and Mentoring Caregivers

INSPIRED CAREGIVERS MARKETING COLLATERAL




**Teaching,
Coaching,
and
Mentoring
Caregivers**

PRODUCTS:

- ❖ One-on-One coaching and mentoring packages
- ❖ Teleseminar packages
- ❖ Monthly Caregiver Support Packages
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- ❖ Books
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- ❖ Articles
- ❖ Card Decks
- ❖ Certification in Behavioral Caregiving
- ❖ Blogs
- ❖ eZines

SERVICES:

- ❖ In Service Training
- ❖ Speaking
- ❖ Coaching
- ❖ Mentoring
- ❖ Personalized Training



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INSPIRED CAREGIVERS

Pamela Spahr, the creator of the 'Caregiver's Survival Toolkit', is a leading expert on behavioral and communications techniques designed especially for caregivers who want to communicate effectively and respectfully with brain damaged patients.

Pamela is a former high-tech executive. She is a graduate of the University of Wisconsin and Stanford University's Advanced Management program.

After her husband suffered from series of strokes, he was diagnosed with dementia. Through her caregiving she discovered the communications techniques that she calls her 'survival toolkit'.

These tools are at the core of her coaching, training, and mentoring principles.



**Pamela Spahr, Founder
Inspired Caregivers**

Inspired Caregivers – Tri-Fold Brochure – Outside



INSPIRED CAREGIVERS MARKETING COLLATERAL

INSPIRED CAREGIVING GETS THE BEST RESULTS

Inspired Caregivers offers a distinctive suite of products and services designed especially to take caregivers to a whole new level of caregiving ... the 'MASTERS' level. We teach you new, revolutionary communications techniques to:

- ❖ Regain control of impossible situations
- ❖ Calm upset patients
- ❖ interrupting & redirect focus
- ❖ Use "Quiet" Authority
- ❖ Obtain willing cooperation
- ❖ Build even more trust

A DEFINABLE DIFFERENCE

Did you know that more than 80% of communication is non-verbal? If all you are doing is talking to a brain damaged patient, you are missing out on 80% of the information that you could be using to get results.

Are you being only 20% effective?

Would you like to be 100% effective?

Inspired Caregivers
Teaching, Coaching, and Mentoring Caregivers

**Call us today for a FREE
Discovery session at
(408) 753-9588**

WHY IS MASTERING COMMUNICATIONS SO IMPORTANT?

IMPOTENT COMMUNICATIONS

Many caregivers think that talking to people with dementia or Alzheimer's disease is just like talking to any normal person ... and then wonder why it doesn't work.

People with brain damage process information differently and require a different form of communication.

POWERFUL COMMUNICATIONS

Communicating with brain damaged people is a combination of art and science.

Getting patients to cooperate is NOT solely about talking to them, although that is part of it.

Getting results is all about influencing and suggesting, NOT telling and ordering. When done right, communication is a respectful, caring, trust building exercise that helps to insure patient safety and increases their comfort.

Getting results with patients has the added benefit of building trust with the FAMILY.

Family members will be impressed when they observe you consistently building trust with the patient while quietly and effectively handling difficult situations with calm authority.



INSPIRED CAREGIVING REQUIRES IMPRESSIVE SKILLS

There are only **TWO CORE PRINCIPLES** that guide caregiving:

- ❖ Patient Safety
- ❖ Patient Comfort

There are only **TWO CORE PRACTICES** required to reach those results:

- ❖ Mastering Communication
- ❖ Mastering Action

I teach, coach, and mentor caregivers to master communications with their brain damaged patients.

My programs are for those who have challenges managing patients who:

- ❖ Become agitated
- ❖ Become fixated
- ❖ Ask questions repetitively
- ❖ Won't listen
- ❖ Refuse to take direction

Inspired Caregivers – Tri-Fold Brochure – Inside

