

Navigating the Caregiver Journey

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Speaker, Trainer, Coach, Consultant, Care Partner



Getting to know each other

Coffee or Tea

I find comfort by/in...

Social or alone time

My biggest pet peeve is...

Indoors or outdoors

When I am upset I need you too...

Early bird or Night owl

The #1 thing in my morning routine...

Structure or no structure

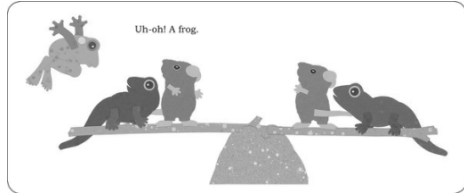
The scariest thing I have experienced is...



it is not the
CRITIC
WHO COUNTS
not
THE MAN
WHO POINTS OUT HOW
THE STRONG MAN
STUMBLES
— or where the —
DOER  **DEEDS**
COULD HAVE DONE THEM
BETTER

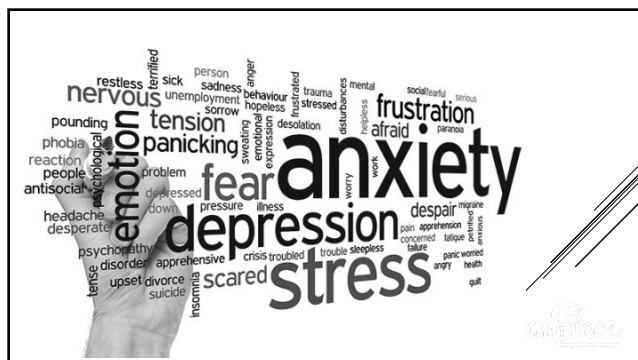


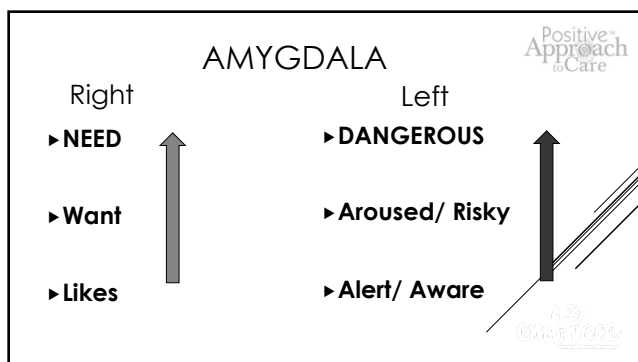
Give yourself a break
Finding Balance









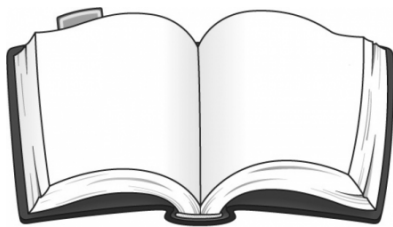




Self Deception

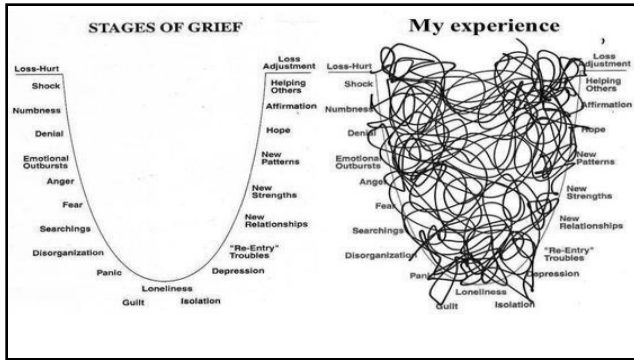


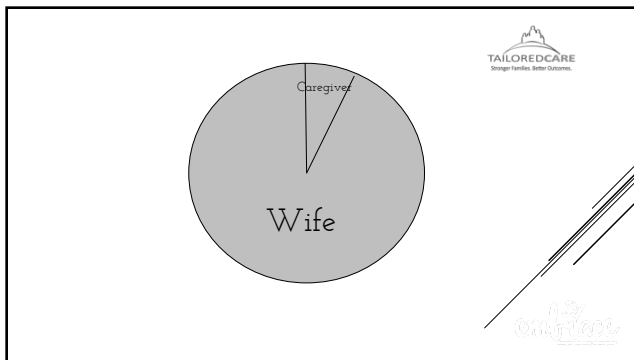
Book of Rules

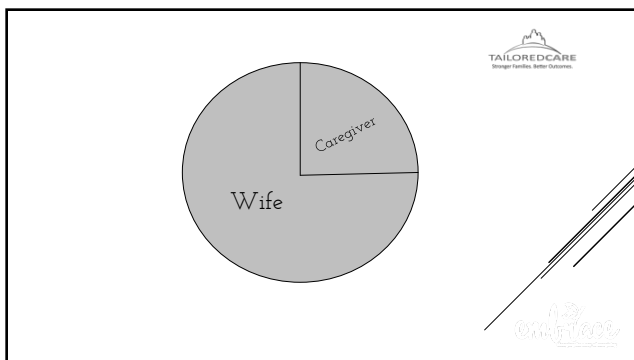


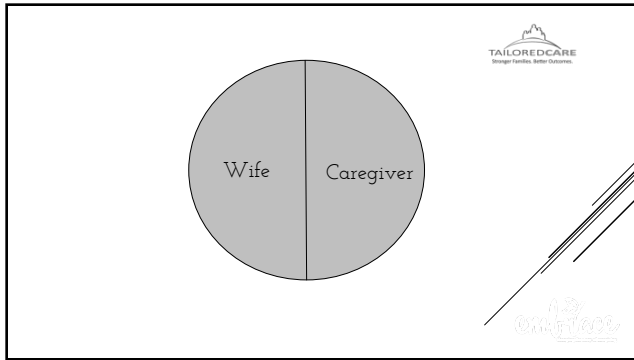
Rubber Band Theory

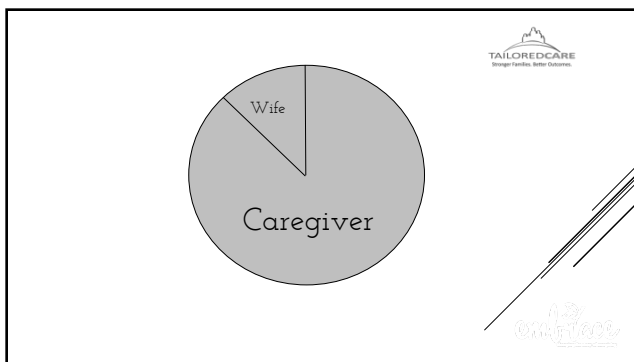












One of the hardest things you will ever have to do, my dear, is to grieve the loss of a person who is still alive.

Word Porn

Ambiguous Loss...

In the top right corner, there is a logo for 'TAILOREDCARE' with the tagline 'Stronger Families. Better Outcomes.' In the bottom right corner, there is a logo for '123 ONLINE' with the tagline 'Your Family. Our Passion.'

Pause...Breathe...Proceed
Breathe
Breathe



How we start... dictates **where** we end...

~Krisie Barron LSW Caregiver Specialist



