

### I. Stage Introduction Bio

Dr. Aaron Blight has thought a lot about the MEANING of care – not only for those who RECEIVE care but also for those who GIVE care.

The direction of his life changed when he was working at CMS (the Centers for Medicare & Medicaid Services) and his mother in law got an unexpected cancer diagnosis.

Years of family caregiving prompted Dr. Blight to become a home care provider.

He later obtained a doctoral degree from The George Washington University that enabled him to study caregiving as a phenomenon of social science.

Today Dr. Blight speaks all over the world about caring for others.

And he's here today to help us think more deeply about what we SEE - and what we DO - every day.

### II. Blurb Bio (160 Words)

Dr. Aaron Blight is an international speaker and consultant on caregiving, aging, and healthcare. He is the Founder of Caregiving Kinetics and Co-Creator of the Caregiver Transformation Retreat. Aaron's passion for supporting caregivers is rooted in 1) his prior work as the owner of a large home care company and as a healthcare policy leader at the Centers for Medicare and Medicaid Services, 2) his study of caregiving as a phenomenon of social science, and 3) his experience as a family caregiver. Aaron was recently recognized as a "Top 100 Healthcare Leader" by the International Forum on Advancements in Healthcare. Dr Blight is an international speaker and consultant on caregiving, aging, and healthcare. His book, *When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative*, received a 2020 Best Indie Book Award. He is the founder of Caregiving Kinetics and serves as an Adjunct Professor of Healthcare Management and Public Health at Shenandoah University.

### III. Long Bio

Dr. Aaron Blight didn't set out to become a caregiving speaker, but the trajectory of his life led him here. Dr. Blight draws from the following four cornerstones of experience to deliver enlightening and inspirational presentations to audiences.

#### 1 – Leader at the Centers for Medicare and Medicaid Services

Dr. Blight's path to caregiving expert began when he was an "unsuspecting" healthcare policy leader at the Centers for Medicare and Medicaid Services. He held a series of leadership roles in the national Medicaid program, permitting him to learn and shape healthcare policy in America.

#### 2 – Family Caregiver

Despite the fact that he was writing national healthcare policy for the elderly and disabled populations, it was not until his mother-in-law's brain tumor was discovered, and the corresponding call of family caregiving came, that Aaron began to truly understand the scope and significance of caregiving on a personal level. Aaron and his wife, Jessica, spent more than five years caring for Jessica's relatively young mother as she received cancer treatments and experienced steady cognitive and physical decline.

#### 3 – Home Healthcare Company Owner

The years of family caregiving prompted Dr. Blight to change the direction of his career, and he opened a home healthcare company to help seniors and their families who were facing similar caregiving challenges. Over time, Aaron's business grew to rank among the largest and most successful local home care companies, as measured by virtually any industry standard.

#### 4 – Care Researcher and Scholar

The home healthcare industry's shortage of workers motivated Dr. Blight to discover how to recruit and retain highly motivated staff members. Aaron studied caregiving as a phenomenon of social science for his doctoral degree at The George Washington University, and his research offers critical insights about how caregivers experience and embrace their roles. He shares and expands this knowledge as an Adjunct Professor of Healthcare Management and Public Health at Shenandoah University.

### III. Long Bio (continued)

#### Speaking Today

Today Dr. Blight speaks to groups all over the world about caregivers and caregiving. He invites audiences to think deeply about the meaning and phenomenon of caregiving. It is not uncommon for audience members to tell Dr. Blight that his presentation changed their perspective or changed their life. Aaron's message applies to family caregivers as well as organizations employing direct care aides, direct support professionals, certified nursing assistants, and skilled medical professionals. As a natural storyteller and group facilitator, he engages audiences in discussions about a cause close to his heart.

Dr. Blight is a member of Executive Speakers Bureau.

#### Awards

- Top 100 Healthcare Leader, International Forum on Advancements in Healthcare
- Corporate Philanthropist of the Year, Association of Fundraising Professionals, Tri-State Chapter
- Founder's Award, Blue Ridge Hospice
- Founder's Award, Home Instead Senior Care

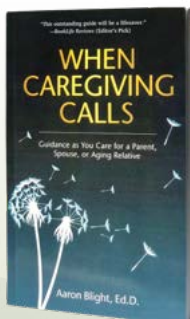
#### Website

[www.caregivingkinetics.com](http://www.caregivingkinetics.com)

#### Personal

Aaron and his wife, Jessica, have four children, and two grandchildren.

Aaron enjoys exercise, music, travel, and learning new things.



Aaron Blight, Ed.D., is an international speaker and consultant on caregiving, aging, and healthcare. His book, *When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative*, received a 2020 Best Indie Book Award. Dr. Blight is the founder of Caregiving Kinetics and serves as an Adjunct Professor of Healthcare Management and Public Health at Shenandoah University. He has served as a family caregiver, home care company owner, caregiving scholar, and leader at the Centers for Medicare & Medicaid Services. Aaron was recently recognized as a “Top 100 Healthcare Leader” by the International Forum on Advancements in Healthcare. He currently serves as a board member for a number of care-related organizations. For more information visit [www.caregivingkinetics.com](http://www.caregivingkinetics.com)