



**Aaron Blight, Ed.D.**, the author of *When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative*, is an international speaker and consultant on caregiving, aging, and healthcare. He is the Founder of Caregiving Kinetics and has been recognized as a “Top 100 Healthcare Leader” by the International Forum on Advancements in Healthcare.



Aaron’s passion for supporting caregivers is rooted in his personal experience as a family caregiver; his professional work as the owner of a large home care company and as a leader at the Centers for Medicare and Medicaid Services; and his study of caregiving as a phenomenon of social science.

Aaron serves as an Adjunct Professor at Shenandoah University, an honorary board member of the Well Spouse Association, and an advisory board member of the Shenandoah Area Agency on Aging.

He holds a bachelor’s degree from Brigham Young University, a master’s degree from the University of Baltimore, and a doctorate degree from The George Washington University.

Aaron and his wife, Jessica, live outside of Washington DC, in the Shenandoah Valley of Virginia. They have four children and two grandchildren. Aaron enjoys exercise, music, travel, cats, and ice cream.

Dr. Blight speaks with groups all over the world about caregiving. In workshops and conference talks, he invites participants to think deeply about the meaning and significance of their individual caregiving experiences.

## Building Caregiver Resilience: A Framework for Care

Caregivers are usually so busy with the tasks of caregiving that they rarely reflect upon the significance of their activities, including how caring changes their identity: their view of self, their relationships with others, and their place in society. This thoughtful and inspiring presentation draws upon research to explain caregiving as a phenomenon of social science. Knowledge gained from the discussion will offer caregivers a framework for 1) processing their experiences and 2) developing the resilience needed to continue supporting the people who depend on them.

AUDIENCE: **ALL CAREGIVERS**

## On the Giving of Care: For Healthcare Providers

How can your organization find and keep the best care professionals in an increasingly competitive labor market? The answer lies in 1) acquiring a deeper understanding of the lived experience of your employees and then 2) aligning your organization's HR efforts in the most commensurate way. This moving presentation breaks down caregiving into four component parts and reviews implications for the employment of care professionals.

AUDIENCE: **MEDICAL, HEALTH, LONG TERM CARE,  
SOCIAL CARE PROVIDERS**

## Care for Others, Care for Yourself

People who are caregivers usually offer themselves to others with little thought of recognition or reward. However, it's important for caregivers to know that in addition to caring for others, they must also take care of themselves. This compelling presentation emphasizes the giving and receiving of care — not only for others but also for oneself — as imperatives for wellness.

AUDIENCE: **ALL CAREGIVERS**

## Caregivers in Corporations

Did you know that 42% of American workers have cared for aging or disabled loved ones at home within the last five years? When your employee is caregiving off the job, it can affect work performance. This workshop is designed to help employers and employees better understand the phenomenon of caregiving and what they can do for support.

AUDIENCE: **HUMAN RESOURCE PROFESSIONALS,  
MANAGERS, AND/OR EMPLOYEES**

## Caregiver Stress: What It Is, and What You Can Do About It

Caregiver stress is a frequent and real outcome of devoting yourself to ongoing care for your loved one. In this presentation, we will examine the nature of caregiver stress, explore how stress leads to burnout, and review strategies for stress reduction that will produce improved well-being for caregivers. Knowledge gained from the presentation will help caregivers recognize the impact of stress in their personal situations and learn how to cope more effectively.

AUDIENCE: **ALL CAREGIVERS**

## How Caregivers Learn: A Pattern of Role Development

Most caregivers are not innately endowed with the ability to deliver tasks of care, but they can grow into an emerging caregiver role. A care receiver's evolving health conditions prompt caregivers to formulate responses which are appropriate for their ever-changing circumstances. As caregivers adjust to changes, they unconsciously develop an improved capacity to serve. This presentation raises consciousness of caregiver development, and can accelerate caregiver growth, by focusing on the learning process inherent in caregiving.

AUDIENCE: **ALL CAREGIVERS**

Each signature talk is deliverable as a Keynote, Workshop, or Breakout Session.