



## DR. AARON BLIGHT

---

Speaker • Educator • Author





Speaker • Educator • Author

## MEET DR. BLIGHT

Aaron Blight, Ed.D., 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.

Dr. Blight works with providers that serve aging and disabled populations to deliver workforce consulting, training for front-line caregivers, focus group research, and leadership advisory services. He also serves general employers that wish to support their employees with caregiving responsibilities at home.

His career leading healthcare organizations spans more than two decades and includes the successful creation, development, and sale of a large home care company; a series of policy leadership positions at the Centers for Medicare & Medicaid Services; and the study of caregiving as a phenomenon of social science. He currently serves as an Assistant Professor of Public Health at Shenandoah University.

Dr. Blight speaks (virtually & in-person) to audiences all over the world.

### HONORS & AWARDS





# DR. AARON BLIGHT

---

[CaregivingKinetics.com](http://CaregivingKinetics.com)

## 4 | CAREGIVING PRESENTATIONS

KEYNOTE SPEAKING  
COMMUNITY WORKSHOPS  
PROFESSIONAL STAFF TRAINING

## 5 | RESOURCES FOR CAREGIVERS

CAREGIVING RESOURCES  
CAREGIVER SUPPORT GROUPS  
CAREGIVING KINETICS BLOG

## 6 | CONSULTING FOR LEADERS, ORGANIZATIONS, & SCHOLARS

WORKFORCE CONSULTING  
CAREGIVING POLICY & RESEARCH  
HOME CARE CONSULTING  
ORGANIZATIONAL DEVELOPMENT  
EXECUTIVE COACHING

## 7 | WHEN CAREGIVING CALLS

## 8 | THE CAREGIVER



## CAREGIVING PRESENTATIONS

*Dr. Blight speaks to a wide range of audiences, including professional caregivers, family caregivers, leaders of care organizations, and employee/ employer groups.*



### CAREGIVING KEYNOTE SPEAKING

Dr. Blight taps into the minds and hearts of caregivers in support of organizations and families. His 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.

### COMMUNITY WORKSHOPS

In a community workshop, the sponsoring organization invites Dr. Blight to deliver one of his signature presentations to targeted audiences in the local community. Workshops are adjustable between 30-120 minutes in length and may satisfy the sponsoring organization's marketing and educational objectives.

### PROFESSIONAL STAFF TRAINING

Dr. Blight guides participants through a "deep dive" into the social psychology of caregiving, including an examination of the professional context of care and factors affecting the construction of caregiver identity. Staff training may be conducted virtually or in-person, and sessions can be as short as 30 minutes or as long as a half day.

Visit [CaregivingKinetics.com](https://www.CaregivingKinetics.com) for more detailed information.

### CORE VALUES



**Meaningful  
Relationships**



**Dignity of  
All People**



**Learning  
Orientation**



**Servant  
Leadership**

# RESOURCES FOR CAREGIVERS

Dr. Blight, a caregiving author, has created an array of resources that may be used by family caregivers or by professionals who serve people struggling in family caregiving situations.



## DOWNLOADABLE CAREGIVING RESOURCES

Dr. Blight's Caregiving Models (see example below) are useful for family caregivers to analyze and reflect upon their personal circumstances. The models are designed to serve as tools for learning and growth and may be applied to a variety of caregiving contexts.

## CAREGIVER SUPPORT GROUPS

Dr. Blight offers author visits (in-person or virtual) to caregiver support groups everywhere. A visit with Dr. Blight will allow caregiver support group participants to engage in a meaningful discussion about their caregiving experiences.

## CAREGIVING KINETICS BLOG

Recent online blog posts available at [www.caregivingkinetics.com/resources/blog/](http://www.caregivingkinetics.com/resources/blog/) are a wealth of supportive information that touch on a broad spectrum of caregiving-related topics.

“Dr. Blight was the featured speaker at an event we hosted for our Caregiver Support program. It was a day of insights, self-reflection, and even a few laughs and tears as the family caregivers explored their roles under Dr. Blight's guidance. He delivered his presentation in a warm, engaging way. The caregivers received tools to help them manage their roles and the feedback we received from them was overwhelmingly positive.”

– Mystic Valley Elder Services



Resilience is the ability to adapt to difficult situations. Resilient caregivers find the strength to continue to help others, even in the face of adversity. Caregiver resilience is developed across five domains represented by “R” words: Roles, Relationships, Realities, Rewards, and Readiness.



## CONSULTING FOR LEADERS, ORGANIZATIONS, & SCHOLARS

As a respected expert, Dr. Blight consults with others who want to improve their caregiving organizations, support or study targeted caregivers, or develop caregiving policy.

### CAREGIVER WORKFORCE CONSULTING

Dr. Blight assists organizations wishing to “stand out” by improving the recruitment, retention, and engagement of their caregiver employees. Caregiving Kinetics also serves large organizations with employees who have family caregiving responsibilities at home.

### CAREGIVING POLICY & RESEARCH

Dr. Blight is uniquely qualified to help governments and nonprofits consider policy options and review programs that impact elderly and disabled populations.

Caregiving organizations use Dr. Blight’s services when they want to better understand an issue and identify potential options for decisions. Dr. Blight partners with other caregiving researchers when they need subject matter expertise, a scholar-practitioner perspective, or another qualified researcher on a project.

### HOME CARE CONSULTING

Dr. Blight frequently uses the following methods to deliver insights and support to home care clients:

- On-site reviews;
- Ongoing business coaching;
- Facilitation of team discussions;
- Focus groups;
- Private one-on-one sessions with executive leaders.

Clients appreciate the practical experience and thoughtful approach that Dr. Blight brings to each engagement.

### ORGANIZATIONAL DEVELOPMENT

Dr. Blight helps care organizations create and refine a unifying sense of direction and purpose through his organizational development services.

These services include:

- Organizational Culture Consulting
- Mission, Vision, Values Development
- Strength, Weakness, Opportunity, Threat (SWOT) Analysis

### EXECUTIVE COACHING

Dr. Blight works one-on-one with CEOs who need trusted advisors, or he can assist leadership teams. He brings insights not only from practical experience but also from the scientific study of organizational leadership, culture, and change.

Visit [CaregivingKinetics.com](http://CaregivingKinetics.com) for more detailed information.

Dr. Blight and Caregiving Kinetics have been featured in:

The New York Times

The Washington Post

Care.com

U.S. News & World Report

# When Caregiving Calls

## Guidance as You Care for a Parent, Spouse, or Aging Relative

---

Caring for a parent, spouse, or aging relative is one of the noblest human activities. It's also one of the most stressful, posing challenges that can be painful, confusing, and deeply rewarding – sometimes all at once.

When Caregiving Calls is an invitation to a deep conversation about caregiving and its meaning for you.

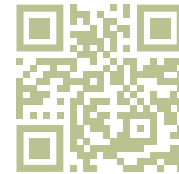
---

In these eighteen brief and thoughtful chapters, you will:

- Explore how caregiving reshapes your family relationships and stresses your ability to manage your time, energy, and emotions.
- See how a loved one's changing state can lead to growing vulnerability, need, and loneliness on the part of care receiver and caregiver alike.
- Read true stories that vividly capture the daily realities of caregiving.
- Engage in questions for reflection to evaluate the impact caregiving is having on you personally and prioritize things you can change.
- Receive candid, practical advice that helps you cope with the challenges you face as a family caregiver.



**GET THE BOOK!**



“

With a warm, empathetic tone, home care consultant Blight guides readers down the often-rocky path of caring for a disabled, aging, or dying relative or friend...”

– BookLife Reviews



# The Caregiver

---

I'd fix you if I could.

You laugh at your limits,  
and I lament mine.

Pathetic or poetic,  
either applies  
to our protracted plight:

Seeing your struggle,  
it's my struggle,  
the one we can't conquer.

I stand by  
until you're stranded,  
then swiftly step in.

I laugh at my limits,  
and you lament yours.

I'd fix you if I could.



Aaron Blight



To book Dr. Blight for your next speaking engagement, or for more information, please contact us today.

---

(540) 532-8282

[info@caregivingkinetics.com](mailto:info@caregivingkinetics.com)

1018 Heth Place, Winchester, VA 22601

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

