

CAREGIVING REIMAGINED

A Transformative Journey to Redefine Caregiving with:

- Visionary Perspectives
- Innovative Strategies
- Collective Reimagination

Presented by: Nadine Roberts Cornish, CSA



In Memoriam

Pioneer...
Trailblazer.....
Caregiver Advocate

ROSALYNN **FOR**
CARTER **CAREGIVERS**
INSTITUTE 



Rosalynn Carter
Sunrise 8/18/1927
Sunset 11/19/2023



Only 4 Kinds of People in the World

Which one are you?

Current State of Caregiving

According to estimates from the
National Alliance for Caregiving (2020)
during the past year:



65.7 million Americans served
as family caregivers for an ill
or disabled relative.

That's 29 percent of the U.S.
adult population involving 31
percent of all U.S. households.

 = 1 million Americans

National Alliance for Caregiving & AARP – Caregiving in the US 2020 Update – Key Findings

The report highlights the nearly 48 million caregivers caring for someone over the age of 18. Family caregiving spans across all generations, including Boomers, Gen-X, Gen-Z, Millennials, and Silent.

19%

of Americans, nearly one in five, are providing unpaid care to an adult with health or functional needs.

24%

of Americans are caring for more than one person. Up from 18% in 2015.

26%

of family caregivers have difficulty coordinating care. Up from 19% in 2015.

26%

of Americans are caring for someone with Alzheimer's disease or dementia. Up from 22% in 2015.

23%

of Americans say caregiving has made their own health worse. Up from 17% in 2015.

61%

of all family caregivers are also working.

Manifest Conscious Caregiving in 5 Steps

1

Helplessness

2

Recognition

3

Process

4

Acceptance

5

Surrender

Visionary Perspectives



**Emerging
Trends?**



**New
Paradigms?**



**Unique
Approaches?**

How About Innovative Strategies?

What is Reshaping the Caregiving Landscape?

Latest Technologies?

Initiatives enhancing quality of care and support for seniors?

Is Collective Reimagination Possible?



Collaboration and collective effort is essential.



What are some of the successful initiatives and Partnerships that showcase the power of communities coming together?



How do you/your organization contribute to this effort?

Just how do we Reimagine Caregiving?



Community Based Care Networks



Employer – Supported Care Policies



Customizable Caregiving (Sandwich Generation)



Public Awareness Campaigns



Policy Advocacy for Caregiver Rights



Intergenerational Programs



Financial Support Initiatives



Resilience and Mental Health Support

Blue Zones Power 9

We Must All
Make Self Care
Our #1 Priority



- 1 Move Naturally
- 2 Know Your Purpose/Live It
- 3 Downshift - Prioritize Stress Relief
- 4 80% Rule
- 5 Eat a largely plant based diet
- 6 Drink alcohol in moderation
- 7 Belong to a faith based community
- 8 Put Family First *(Chosen/Biological)*
- 9 Create a Tribe that supports your lifestyle

Work with Nadine

Services Include:

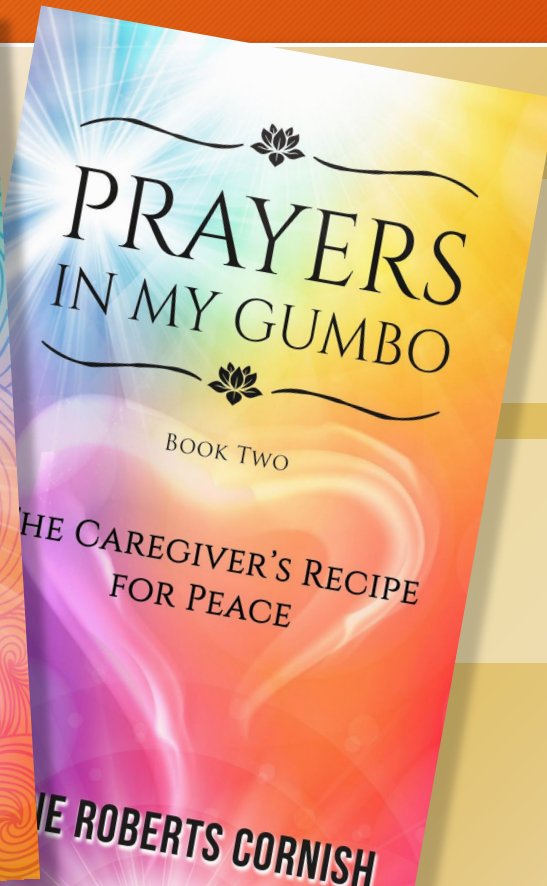
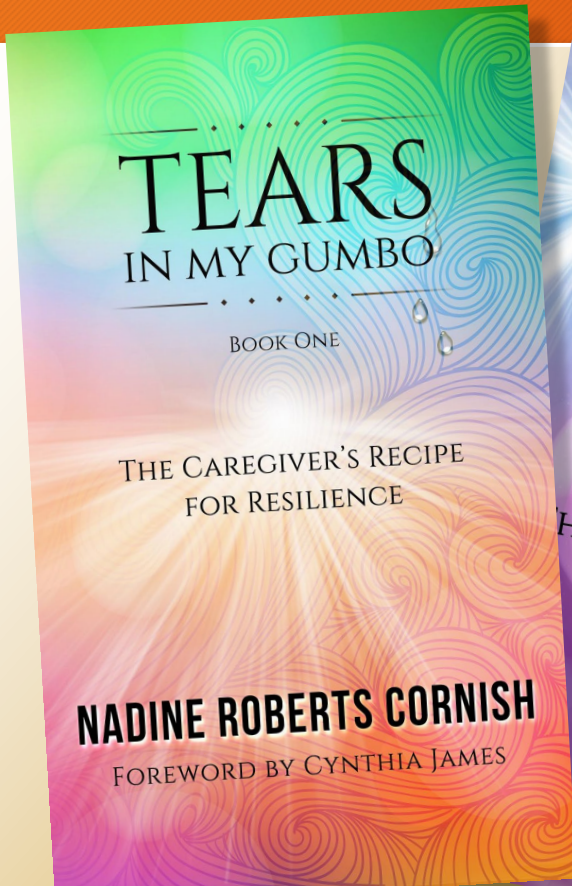
- Keynote Engagements/Conferences/Workshops
- CAREEE - Lunch & Learn Series for Businesses
- Faith Based Community Intensives
- Coaching/Consultations – Group & Individual
- Family Mediation
- Support Group Facilitation



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