



Sustainable Caregiving

Speaker

*Caregiver
Empowerment
Coach*

Educator


*Workshop
Facilitator*

Media & Speaking Kit



 SustainableCaregiving.com

 SustainableCaregiving@gmail.com

 727-580-7804



➤ Theresa Wilbanks

Theresa cared for her father until his passing at 99 years of age. During that time she experienced the raging river of emotions that come with caring for a family member. Overwhelmed and drowning, she navigated toward a more sustainable caregiving experience. Theresa founded Sustainable Caregiving and works with fellow family caregivers to help them navigate their caregiving journey.

➤ Sustainable Caregiving LLC

Caregiving is sustainable when caregivers have the resources and support they need so that caregivers can prioritize their well-being while they care for their family member for as long as is required. Sustainable Caregiving LLC strives to meet family caregivers where they are and guide them on a less stressful, more meaningful journey through presentations, workshops, and one-on-one coaching sessions.

➤ Navigating the Caregiver River: A Journey to Sustainable Caregiving



With humor and vulnerability, Theresa shares her story and strategies that helped her move from drowning to navigating in her book, *Navigating the Caregiver River: A Journey to Sustainable Caregiving*. Travel along and hold on through the rapids, loosen your grip to steer over and around the obstacles, and enjoy the float through the calm sections.

➤ Self-Caregiving Strategies Podcast



The Self-Caregiving Strategies Podcast is a limited series podcast focusing on empowering the family caregiver with tools and techniques to navigate the caregiving journey with confidence. Theresa Wilbanks and Alison van Schie explore the 12 Sustainable Caregiving Strategies offering insights from their experience as caregivers and Certified Caregiving Consultants.



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Sustainable Caregiving

Let's Work Together



Speaker

- Keynote
- Workshops
- Groups

Educator

- Online Courses
- Individual
- Organizations

Caregiver Empowerment Coach

- Individual
- Family

TESTIMONIALS

Incredible speaker and professional. She leads with her heart and delivers with her experience. Our platform is greater having had Theresa be a part of it through her educational work.

Mike Eidsaune,
CEO Caregiving.com

When Theresa Wilbanks speaks it makes my heart sing! She is kind, compassionate and her presentations are over the top. She has spoken at many of my conferences and the participants are always very impressed with her knowledge and how she makes them feel so good. If you want a great speaker, Theresa is your gal!

Linda Burhans
Connecting caregivers Radio




Theresa's style and ability to connect with people while presenting, leading a workshop, or individualized training created an environment where folks felt heard and respected.

Mark Bottini
President, Barnes & Noble

Theresa is a thoughtful and caring caregiver coach and a wonderful educator. Her webinar / seminar presentations will inspire your audience to navigate toward a more sustainable caregiving experience.

Darra Wray
President, LEARN Idaho

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Sustainable Caregiving Media & Speaking



MEDIA



THE WALL STREET JOURNAL.



SPEAKING



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Sustainable Caregiving

Let's Work Together



➤ Keynote Presentation

The Sustainable Caregiving: Navigating the Caregiver River presentation allows the listeners to step into the flow of a caregiving experience and emerge empowered to continue.

➤ Caregiving Presentations

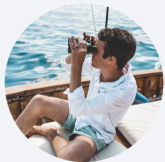
Each presentation is designed to empower the family caregiver with skills, hope and strategies to navigate their caregiving journey with confidence.

➤ Caregiving Workshops

The workshop series explores each of the 12 Sustainable Caregiving Strategies and empowers the family caregiver with the steps to start using them.

Where are you on the Caregiver Spectrum?

Beginning



Anticipating



Wading

Immersed



Drowning

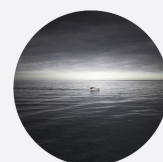


Navigating

Transitioning






Parting



Drifting

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Sustainable Caregiving Presentations & Workshops

Sustainable Caregiving: Navigating the Caregiver River

1-Hour Presentation

First, we explore the common challenges caregivers face during each phase of caring for a family member. Next, we discuss the 12 strategies that lead to a sustainable caregiving experience. The 12 Sustainable Caregiving Strategies PDF eBook is included for each participant.

3-Hour Series

Sustainable Caregiving: Prevent and Recover from Burnout

We discuss four strategies to prevent and recover from caregiver burnout. The strategies include setting boundaries, disarming the trigger minefield, cultivating compassion and reimagining self-care.

Sustainable Caregiving: Reimagine Control

We discuss four strategies to help us reimagine control while caregiving. The strategies include accepting the role, accepting help, reducing conflict, and transforming obstacles.

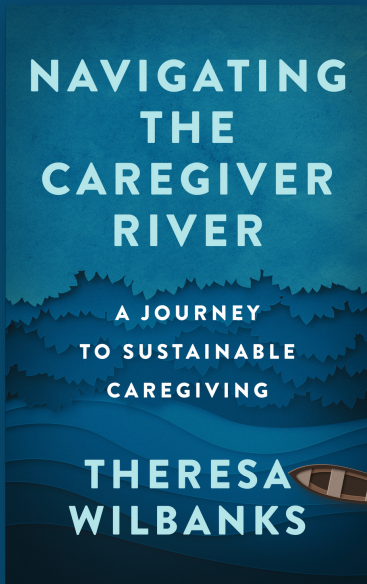
Sustainable Caregiving: Manage the Emotions

We discuss four strategies to help us manage complicated caregiver emotions. The strategies include venting, journaling help, forgiving, and planning for the worries.

Sustainable Caregiving Strategies Series

30-minute presentations or 50-minute workshops

- Prevent Burnout with Boundaries
- Disarm the Trigger Minefield with Mindfulness
- Reimagine & Micro-dose Self-Care
- Recharge Your Compassion Reserves
- Embrace the Caregiver Role
- Accept and Receive Help
- Flow with the Current to Avoid Conflict
- Transform Caregiving Obstacles
- Venting to Release the Pressure
- Process Caregiving's Complexity through Journaling
- The Power of Forgiving
- Planning for the Worries



Navigating the Caregiver River: A Journey to Sustainable Caregiving by Theresa Wilbanks

ISBN: 9781737982104

Format:

Paperback - \$14.99

eBook - \$9.99

Audiobook - \$19.99

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Available on Amazon and at bookstores near you



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Navigating the Caregiver River: A Journey to Sustainable Caregiving by Theresa Wilbanks

Navigating the Caregiver River: A Journey to Sustainable Caregiving is a caregiving guidebook that empowers the family caregiver with tools and strategies so that they can continue their journey with confidence.

Theresa gently guides caregivers, teaching them how to prevent or recover from burnout, reimagine and regain control and manage the turbulent emotions. The Sustainable Caregiving Strategies are easy to incorporate into a caregiving day allowing the caregiver's transformation from survive to thrive to begin immediately.

About the Author

Theresa Wilbanks cared for her father until his passing at 99 years of age. During that time she experienced the raging river of emotions that come with caring for a family member. Overwhelmed and drowning, she navigated toward a more sustainable caregiving experience.

Theresa founded Sustainable Caregiving, speaks, and conducts workshops to help caregivers navigate their caregiving journey. Her podcast, Self-Caregiving Strategies Podcast, explores the 12 Sustainable Caregiving Strategies with co-host Alison van Schie from Alongside Caregiver Consulting.

Recommendations

"Theresa Wilbanks has drawn on her own unexpected caregiving journey to offer readers both emotional and logistical lessons in a book that is clearly organized and well-written in a calmly reassuring voice. Most importantly, her many wise points ring true. I will be recommending Navigating the Caregiver River to caregiver psychotherapy clients who are just getting oriented to what may at first seem to them a bewildering landscape of caregiving challenges and choices" -

Barry J. Jacobs, Psy.D., co-author of AARP Meditations for Caregivers

"I am a caregiver advocate and have read many books on caregiving, but this book is extra special. This beautifully written book has validated the turmoil of emotions and thoughts as caregivers navigate the journey of caring for a loved one. I cried and laughed many times, finally knowing someone else "gets it". Truly so grateful for Theresa and this book." - **Linda S. Burhans, Connecting Caregivers Radio**

Why Caregiver Empowerment Matters



Family caregiving responsibilities can be demanding and time-consuming. Supporting family caregivers in the workplace can positively impact their overall well-being, reduce stress and allow them to better focus on their work. When employees receive support, they are more likely to be productive, engaged, and perform at their best.

When caregivers have access to resources and support, they may be able to better manage their caregiving responsibilities, reducing the likelihood of unplanned absences or excessive time off work. This can minimize productivity losses and the need for temporary replacements. Caregiver support may allow the employee to continue working when caregiving demands might otherwise require them to leave work altogether. This reduces turnover and the costs associated with hiring and training new employees.




Family caregiver absenteeism and presenteeism can have significant impacts on productivity at work and the company's bottom line. Family caregivers may need to take time off work to fulfill their caregiving responsibilities, such as attending medical appointments or providing support during emergencies. This absenteeism can result in reduced productivity and additional workload for other employees who need to cover the caregiver's duties. The costs associated with absenteeism include decreased output, missed deadlines, and potential delays in projects or tasks.

Presenteeism refers to when employees come to work but are not fully engaged or productive due to personal concerns or distractions, such as caregiving responsibilities. Family caregivers may experience stress, fatigue, or emotional strain, which can impact their ability to focus and perform at their best. As a result, their productivity and quality of work may suffer, potentially leading to errors, lower efficiency, and decreased overall output.

If family caregivers neglect their own health needs due to their caregiving responsibilities, they may be more prone to illness or chronic conditions. This can result in increased healthcare costs for both the caregivers and the employer, such as medical expenses and insurance claims. Furthermore, caregivers who are not able to address their health issues promptly may experience prolonged absences from work, further impacting productivity.

Empowered caregivers learn skills and strategies to manage crisis and everyday challenges with reduced stress enabling them to better balance work, life obligations and prioritize their well-being. Employers that prioritize and support family caregivers can build a reputation as compassionate and family-friendly workplaces. This can attract top talent, improve the organization's public image, and strengthen relationships with customers, clients, and the community. By providing access to caregiver support resources, and promoting a culture of understanding and empathy, employers can better support caregivers, enhance productivity, and ultimately improve the company's bottom line.

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