



NOBODY EVER TOLD ME

LESSONS FROM A DEMENTIA CAREGIVER.

“Linda’s presentation showed how we do the changing rather than the patient.”



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Speaking Topics

Nobody Ever Told Me: Lessons from a Dementia Caregiver.

Benefits:

- Learn kinds of Dementia
- Eleven tips to relieve caregiver stress
- Mind challenging activities
- Answers important questions:
 - Where can I get help?
 - When do I choose professional care?
 - How do I take care of myself?

Powerful Tools for Caregivers - A 6 week evidence-based class held in different venues in Northern Colorado. Contact the Larimer County Office On Aging to find a venue.

Bio

An award winning author, Linda’s many years of speaking and teaching all ages in schools, colleges, museums, writing conferences and life long learning venues shows in all of her talks. She adds humor, tips and leaves the audience wanting more. Her latest book - *Papa’s Changes, Dementia Through a Child’s Eyes*.



Offerings and rates

1 hour presentation

2 hour presentation

Contact Linda Osmundson at www.LindaOsmundson.com or LindaOsmundson2@gmail.com for more information.