

# 1-IN-3 AMERICANS WILL BECOME A CAREGIVER. ARE YOU TRULY PREPARED?

## 5 Steps to Successful Care Giving for Today's Family

**TIMELY TIE-INS:** National Care Giving Month, Cancer, Stroke and Brain Injury Awareness Months, the Holidays

### TOP STORY IDEAS

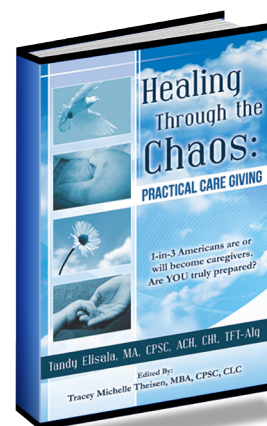
- **What every family CEO needs to know. 5 proven steps to successful family care giving with the P.E.A.C.E.™ System.**
- **What roller coasters and power of attorneys have in common.**
- **5 insider secrets to avoiding medical emergency mistakes** and how to put these ideas to work today.
- **From cherished family traditions to preserving family memories:**  
Creating a legacy that honors your loved ones.
- **Will care giving make you SICK?**
- **FACT: 1-in-3** Americans will be a **caregiver.**  
The quiz all future caregivers need to take.
- **Are you sandwiched? 75 million people are.**  
5 insider secrets to avoid becoming a panini.
- **5 SIMPLE and guaranteed self care tips for life balance.**
- **Thanksgiving all year long:** Discover 5 proven ways gratitude changes lives.
- **How having an advocate saves lives!**
- **Assisted living due diligence:** 3 things you must consider.
- **Revealing the most selfless thing you can do for your family:** 3 important things you must have today to save time, money, stress and heartache.
- **The most important person to consider when giving care is YOU.**
- **Man's best friend:** Discover how ordinary dogs save lives.
- **When spirit speaks:**  
Revealing the signs you can't ignore.
- **Healing through the grief:**  
Exclusive tips from a Grief Coach.

Media Experience: Radio Appearances  
Numerous Articles & Publications  
National, Regional and State Boards and Committees



**Tandy Elisala MA, CPSC, ACH, CHt, TFT-Alg**  
Care Giving Expert | Author | Coach | Consultant

Tandy Elisala is Founder of Center for Inspiring Greatness!™ LLC and creator of the proprietary P.E.A.C.E.™ system; a comprehensive family care giving training and coaching program. Tandy has 25 years' experience as a corporate executive, coach, and leader. In her book, "Healing Through The Chaos: Practical Care Giving," Tandy is helping to solve one of the biggest problems we face right now: unexpected care giving. 75 million adults today provide some level of care for a family member. She shares her unexpected journey as a care giver for both parents simultaneously while kicking cancer's butt a third time and raising three children as a single parent. She shares inspiring lessons learned through all care giving stages and includes a must have guide for current and future caregivers.



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