

Are Your Aging Parents Killing You?

Latest studies show that caregivers of aging parents have a 63% higher death rate than the rest of us, and they experience more depression, anxiety plus serious long-term medical issues like heart disease and diabetes.

How can you safeguard your health, career and relationships while successfully navigating the grueling eldercare marathon? Your audience needs fresh thinking – not big business or government answers – from real-world expert **Carol-Ann Hamilton**. Through the pain of being an only child to unbearable parents, she has discovered and tested **12 Innovative Keys to Coping** that help you succeed with even an ultra-difficult mother or father.

Show and Story Ideas

- ❖ **"Eat Your Vegetables!"** Why telling your stubborn aging parents what to do never works.
- ❖ **"Don't Touch My Stuff!"** You CAN get through to your elderly parents even when they try to stop you cold.
- ❖ **"Do I Look Like Your Maid?"** How to create boundaries around parents who expect your service 24/7.
- ❖ **How to Survive Mother's/Father's Day When You Can't Stand Your Mom/Dad.** 5 practical strategies to make it through the day.
- ❖ **When Your Aging Parent Expects You to Spend Summer Vacation Together and It's the Last Thing You Want to Do.** 3 clever ideas to safeguard YOUR holiday time.
- ❖ **"I Hate My Parents! Did I Just Say That Out Loud?"** How to give yourself permission to experience your true feelings even if others don't allow you to.

Media Experience:

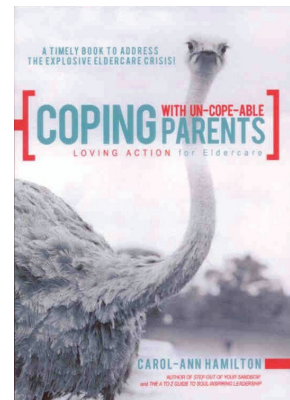
Local TV: CHCH TV and CTV (Toronto)

Radio: Chat with Women (Seattle); The Wellness Journey with Lynniss Woods-Mullins (California); Philip Till's Morning News on CKNW-AM (Vancouver); Ilija Dugandzic at 96.5 FM (Australia)

Print: Parent Guide News (Long Beach); Senior Wire News Service (Denver); Western Pennsylvania News



Carol-Ann Hamilton is an author, coach and speaker who brings 250,000 hours of practical expertise to her enlightening presentations, workshops, keynotes, one-on-one client packages and custom-designed tools. As a result, she is revolutionizing how stressed-out caregivers restore order plus serenity to their lives.



Author of **Step Out of Your Sandbox!** plus **The Pissed-Off Journal** and **Coping with Un-cope-able Systems: ADVOCACY for Eldercare**, Carol-Ann has contributed chapters to five leadership, self-help and text books. A popular presenter at conferences across North America, she has appeared via print, radio and TV in locations from Australia to Washington.

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Availability: United States and Canada by arrangement