



About the Instructor

Kristine Cichowski, MS is a writer, speaker, and consultant specializing in self-advocacy, leadership development, and family caregiving. With 35 years of experience working at the Rehabilitation Institute of Chicago in education and research, Kristine has designed and developed an award-winning family education

center and website, comprehensive caregiving resource database, and innovative programs in staff development, patient / family education, and community outreach that support individuals with disability and chronic illness, family caregivers, and health professional in over 181 countries. Kristine is also a subject matter expert in transition planning, therapeutic recreation, disability inclusion, advocacy, and accessibility.

As CEO of **POWER TO BE**, Kristine consults with profit and non-profit organizations to help them achieve organizational goals and ensure diverse and productive teams.

**To schedule an empowerment experience,
contact Kristine at 847.951.3365 or visit www.powertobe.net**



EMPLOYEE CAREGIVER EMPOWERMENT SEMINARS

**Strengthen Your Team
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GET STARTED

Approximately 44 million Americans care for an elderly parent or loved one with a chronic illness or disability.¹ 60% of family caregivers juggle these responsibilities while working. The National Alliance for Caregiving estimates the cost to employers due to lost productivity of employee caregivers is as high as \$34 billion.² While this impacts a growing volume of women in the workforce, research shows that 40% of family caregivers are men and 25% of are millennials.¹ Added studies show that 24% of employee caregivers indicate that caregiving impacts their work productivity.³ As the aging population continues to grow, all of these figures will increase and impact organizational culture and outcomes. Forward thinking leaders understand the importance of providing proactive support in order to ensure long-term business success.

Give your employees the tools they need to achieve more at work, home, and in the community.

- Increase ability to anticipate, plan, and respond more effectively to family caregiving needs.
- Enhance ability to identify and partner with support resources.
- Improve relationships both on and off the job.
- Enhance work-life balance.
- Reduce unplanned time off, extended leave of absence, and employee turnover.

¹ AARP, Public Policy Institute, National Alliance for Caregiving. Caregiving in the U.S., 2015.

² MetLIFE, National Alliance for Caregiving. The MetLife Caregiving Cost Study: Productivity Losses to U.S. Business, 2006.

³ Pfizer, Gallup. The Wellbeing of Working American Caregivers, 2010.



POWER TO BE

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POWER TO REASSURE

Plan for the Care of a Loved One

Family caregivers are often unprepared to manage and navigate the complexities of caring for a loved one. Learn how to identify needs for help, options for supportive home care, ways to insure safety, and strategies for communicating with family members.



POWER TO ORGANIZE

Get Your Paperwork in Order

Ready access to key health information impacts one's ability to partner with health care providers and others in managing daily affairs. Identify practical strategies to gather information and get organized so you can effectively advocate for a loved one when unexpected change occurs.



POWER TO CONNECT

Expand Your Resource Network

Changes in health can disrupt relationships. Long-distance family relations provide an added layer of challenges. Learn how to expand your communities of support so you have greater access to people, places, and resources.



POWER TO ENJOY

Daily Life Enrichment

Challenges in mobility, communication, and memory can diminish motivation to stay active. Make outings, casual visits, and daily routines meaningful and comfortable for all involved. Learn how to use art, music, and other creative activities to show life purpose.



POWER TO EXPLORE

(Re)Discover You!

Despite the challenges of family caregiving, there are ways to strengthen personal identity and improve work-life balance. Rediscover your interests and passions. Learn how to regroup, replenish, and stay vibrant and productive.