

55M

Family Caregivers in the US

24%

Caring for more than one family member

13M

Report their own health is fair to poor



Statistics show that at minimum 30% of caregivers die before the individual they are caring for, as high as 60% in those caring for a loved one with dementia.

As a loving care partner to her mom for 14 years, Toni understands the physical, emotional, and mental challenges of the caregiver's journey.

Toni is a Certified Caregiving Consultant™ and the founder of Heart of Caregiving. She is an international bestselling author of several books including, her most recent, 21 Mistakes Caregivers Make & How to Avoid Them. Toni holds a Master's Degree in Audiology. She uses her 40 years in the healthcare industry and experience as a Baylor College of Medicine instructor to inform her education and speaking platform.



Toni Gitle, MA

Show/Story Ideas

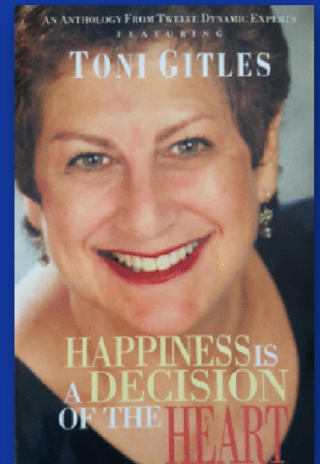
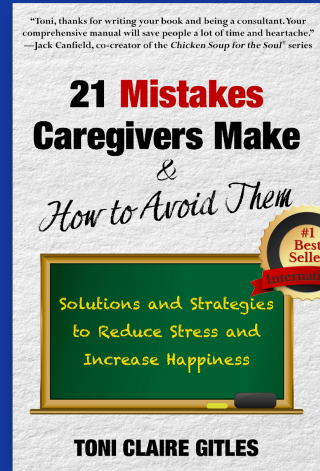
- How to **Avoid Holiday Stress While Caregiving**
- In Modern America, **Millions of Individuals Will Become Caregivers. Here's what they need to know to avoid the biggest caregiving mistakes**
- Why the Quality of Your Relationships has **The Most Important Impact on Your Caregiving Experience**
- Go from **Overwhelmed to Organized in 5 Steps**
- **Exhausted to Energized Fix the 5 Things that are Draining Your Energy as a Caregiver**
- **Decrease Caregiver Stress. Learn 5 Ways to Ask for Help and Create Your Care Community™**
- **Almost one-third of caregivers die before the loved one they are caring for. Caregiving Needn't be a Death Sentence.**

Media Experience



Articles in Central Florida Publications and Healthcare Magazines

Availability: Nationwide by arrangement, Available as a last-minute guest



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