

TAMPA FLORIDA JANUARY 1, 2016

### “THE DUTIFUL DAUGHTER’S GUIDE TO CAREGIVING” A Very Funny Book About a Not-So-Funny Subject

A card-carrying member of the Baby Boomer generation, Tampa author, Judith Henry, writes about what it means to love and care for aging parents.

Combining personal stories and no-nonsense advice with a healthy dose of humor, she describes her six-year caregiving journey, which includes learning to laugh over the expanding contents of her purse, and making lemonade from her father’s tart comment about being a dutiful daughter.

#### Topics of Interest to Both the New and Seasoned Caregiver Include:

- The first thing you need as an advocate for an older family member
- The importance of lists when caregiving
- Talking to doctors and getting answers about a loved one’s health
- Sibling relationships and caregiving
- How to avoid caregiver burnout
- Dealing with grief and loss

The truth is that most people are not prepared to become family caregivers; and, while winging it is always an option, planning ahead for this important role can improve the quality of life for you and your loved one.

#### Praise for The Dutiful Daughter’s Guide to Caregiving

“This is an excellent sensible guide to caregiving. Filled with understanding and humor, this little book has the most intelligent, comprehensive information on caregiving of any self help book I have seen in my 30 years of working with families in caregiving crisis.”

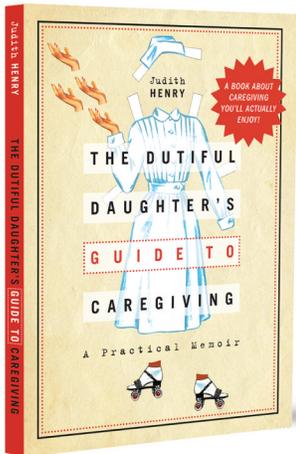
*Toby Krawitz, Kingston, New York*

“This book is like having a close, smart friend guide me around the potholes of caring for an aging parent.” *Val Perry, Coordinator/Instructor, Bloomingdale Life Story Writing Program, Valrico, Florida*

#### For Review Copies, Media or Event Inquiries, Contact:

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In addition to article writing, Judith offers consultations, talks, and workshops on caring for older adults; preparing ahead for caregiving; dealing with grief and loss; and the benefits of expressive writing as a healing step towards processing the caregiving experience.



### JUDITH HENRY IS A WRITER, TEACHER AND SPEAKER

When Judith set out to write a book about caring for her elderly parents, there were only a few things she knew for sure. It had to be small enough to read anywhere - an airport, an ER Waiting Room at 2 AM or on a lunch break at the office. The story would be open and honest because she's not a rainbow or pink unicorn kind of gal, and above all, it needed to be useful.



The end-result is *The Dutiful Daughter's Guide to Caregiving*, a combination of how-to, humor and hardship that makes you feel as if you're having coffee with a mouthy best friend who knows what she's talking about. As one reader describes it, "Helpful to the core; worthy of your time; and funny, to boot."

In addition to article writing, Judith offers consultations, talks, and workshops on caring for older adults; preparing ahead for caregiving; dealing with grief and loss; the benefits of expressive writing; and how to create a legacy letter for family and friends. She is also the creator of a well-loved writer's group for caregivers in the Tampa area.

She can be reached at: [judith@judithdhenry.com](mailto:judith@judithdhenry.com)

### JUDITH IS A WRITER, TEACHER AND SPEAKER

Author of *The Dutiful Daughter's Guide to Caregiving*, a combination of financial planner, family therapist, geriatric care manager, and mouthy best friend, Judith also facilitates a well-loved writer's group specifically for caregivers, and offers presentations and workshops on a variety of subjects.



Talks are appropriate for a wide range of organizations and businesses, including civic associations, writer's groups, women's centers, health maintenance and healthcare facilities, religious institutions, and retirement communities.

Described as a warm and engaging speaker, Judith excels at connecting with an audience through humor, personal knowledge, and experience.

#### **Topics Include:**

- Caring for older adults
- Preparing ahead for caregiving
- Dealing with grief and loss
- The benefits of expressive writing for caregivers
- Writing a legacy letter for family and friends

#### **Past Appearances Include:**

Inn on the Pond, Clearwater Florida  
Times Festival of Reading, St Petersburg Florida  
Brookdale Carrollwood, Tampa Florida  
National League of American Pen Women, Tampa Florida  
Altrusa International, Tampa Florida  
Bloomingdale Writer's Connection, Brandon Florida  
Hillsborough Literacy Council, Tampa Florida

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## SAMPLE INTERVIEW QUESTIONS



- Q Caregiving is a serious topic, yet the title of your book sounds very tongue-in-cheek. How did you come up with the name, “Dutiful Daughter?”
- Q What made you decide to write this book?
- Q How long were you a caregiver for your parents?
- Q Your parents lived 70 miles away from you. What was it like being a long-distance caregiver who worked full time?
- Q There are many books out there on caregiving, but few that are actually humorous. What made you choose that method of delivering advice and suggestions?
- Q Along with being a how-to, your book is also part memoir. Are all those stories true, and if so, how did you remember them all?
- Q Were you prepared to take on the role of caregiver?
- Q What advice would you give to other caregivers?
- Q Is there anything else you'd like to share?