



David Moyer

Founder of ElderHonor and Builder of the Caregiver Toolkit.



While building a successful career growing companies and trotting the globe for clients, David and his Wife lost several parents, stepparents and two siblings that brought into focus how little time we have together. We know parents are going to die but are often not prepared when it happens. In addition, stress, anxiety, fear of making a wrong decision haunts us all in some aspect.

As a result of these experiences and seeing others in the same situation, David studied the challenges of aging so that he could help others through this time of life. David is a **Certified Senior Advisor** and developed the **Caregiving Toolkit** that educates family members on how to start the conversation with your parents through end of life and beyond so that everyone knows what to expect and can make informed decisions when the time comes. The Caregiver Toolkit has 14 lessons, over 90 videos, and more than 30 assessments and worksheets to walk families through this process.

Popular topics

√ CARE Framework

Conversations, Assessments, Roadmap, and Education (CARE). Whether you are just starting out, in the middle or near the end, Conversations are key to keeping the family together and in sync. On-going **Conversations** make it easier to **Assess** situations, before, during and after they happen. Being able to see where you are physically, mentally, financially, and emotionally helps plan direction and next steps. Building a **Roadmap** helps everyone know what needs to be done, when, and by whom so it becomes a family effort. Lastly, we are big on **Education** as it is the key to knowledge along the path.

√ Employee Caregivers

An average of 20% of employees are giving care to someone in their family, certain industries have a higher percentage. Over 60% of employees say that it has impacted their work by being late, leaving early, or not getting work done. The impact is greater the higher up an organization as senior staff tend to be older with parents retiring or experiencing ill health. Addressing this has been a challenge. Some companies offer paid time off to be used any way the employee wants but this cuts into vacations, others offer stress management as part of mental health offerings. None address the caregiving employee.

Benefits to your audience

Over **60% of caregivers are women** many of whom may be taking care of children as well, it's call the **Sandwich generation**. Awareness is key to understanding what is coming their way. The more you are prepared the better you will make confident decisions and be able to spend more quality time being with your parent. Tools and methods are described that can be implemented quickly to help wherever your audience is on their journey.

What others are saying

This course is excellent! It is full of so much information about a subject that isn't discussed enough. Honoring your loved ones by caring for them as they age is a beautiful thing but can be so complicated and overwhelming, mostly because we are trying to figure things out as we go and feel so unprepared. Haley D.

The Caregiver Toolkit course is very comprehensive with many helpful forms, checklists and links. The course focuses on maintaining your loved one's dignity and honoring them as they age. The Caring for Yourself section was useful as I reflected on how the caring for my aging mother has been affecting me. Karen F.



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