



**caregiver**  
support squad



### About Debbie

Debbie is a Certified Caregiving Facilitator and has been a family caregiver for 40 years, to a parent, spouse and son while running a full-time business. She suffered from caregiver burnout and transformed her own life by learning to prioritize herself while still being a loving, effective caregiver. She is now sharing her 8-year transformation journey with other family caregivers. Debbie's goal is to help them prioritize self-care so they can be more of who they are as well as a caregiver.

### Suggested Talking Points:

- Dangers of caregiver burnout
- Self-care is not selfish
- Different types of self-care
- Combatting the idea that there is not enough time for self-care
- Integrating self-care regardless of your unique situation
- Where do I even start?

### Caregiver Support Squad Information

 @caregiver.support.squad

 debbie@caregiversupportsquad.com

 Caregiver Self-Care Squad Group

 908-892-0508

[www.caregiversupportsquad.com](http://www.caregiversupportsquad.com)

# Debbie Weiss

From the  
*Case Giver Support Squad*

will be speaking about the

## IMPORTANCE OF CAREGIVER SELF CARE

APRIL 13 at 6:45

Sponsored by the  
Sussex Wantage Regional School District &  
High Point Regional High School  
SEPAG Committee's

Her presentation will take place in the  
**High Point Regional**  
**High School**