

# Monica Vest Wheeler

SPEAKER • AUTHOR • CONSULTANT

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A former weekly newspaper reporter and editor, Monica Vest Wheeler focuses on coping and surviving the everyday and emotional challenges of brain-related injuries, illnesses and diseases.

In addition to co-authoring a book on coping with cancer, Monica has written about Alzheimer's in *Alzheimer's, Dementia & Memory Loss: Straight Talk for Families & Caregivers*, one of the books in her *Help Me Cope & Survive!* series. Her latest projects in the series focus on coping with the daily challenges of stroke, brain injuries and brain tumors-brain cancer.

She's spent thousands of hours working with and interviewing hundreds of patients, survivors, families and caregivers, and healthcare professionals. She's given dozens of presentations on ways to cope with the emotions of catastrophic injuries, illnesses and diseases; the need to communicate, ways to express emotions on paper and verbally, how to use family history to better understand oneself and family today, and much more.

Alzheimer's, dementia & memory loss require straight talk & compassion ...

## **FOR FAMILY CAREGIVERS: "THE REALITY OF DENIAL"**

The different perspectives of denial, from the primary caregivers denial to that of the loved one with dementia, family and friends, and even the doctors who don't see anything wrong with their loved one in that short office visit. Included are "opening lines" to initiate vital and tough conversations and how to seek empathy, not sympathy, and when it's time to stop being brave and start being human. Caregivers will hear some hard questions they need to ask themselves about their role in relationships, how they care for themselves, and how they communicate.

## **FOR PROFESSIONALS: "SECRET PRESCRIPTION FOR ALZHEIMER'S CAREGIVERS"**

This is for professionals at all levels of dementia/Alzheimer's caregiving, from those who provide hands-on care to those who oversee dementia programs. This session offers an inside look at the everyday life and challenges of dementia caregivers, including the emotional and physical energy it takes individuals and families to even show up at the office for an appointment. Also, how the best "medicine" professionals can give caregivers is honesty, compassion and an ear. They need empathy much more than sympathy. Caregiver depression and sense of loss are also critical issues that need more attention and patience.

**Or let's work together to create the best topic for YOUR audience!**

"My husband, who has Alzheimer's, came into the room when I was reading your book. He noticed my tears and asked me why I was crying. I told him, 'I was reading Monica's book about Alzheimer's. She is educating the world about this horrible disease.' His response: 'I hope someone can cure it!'"