



Kari Berit; passionate, authentic, down-to-earth, and fun. She connects immediately with her audiences. “She was talking about me,” “I feel like I’ve known her forever,” and “I feel energized after hearing her” are just a few of the participant comments that have followed her keynotes.

Kari has spent her career raising awareness of the toll family caregiving can have on families and institutions. Her presentations come to life by using personal stories and real-life examples. She is the author of *The Unexpected Caregiver* (First edition, 2007; Expanded edition introducing her S.A.N.E. model of care for the caregiver, 2016) and *Mental Fitness Guide*, all published by Attainment Company. She hosted a weekly radio show, contributes regular columns and articles on aging and caregiving topics and consults for peer-to-peer run caregiver support groups.

For over 25 years, Kari has been addressing industry associations, private business groups, financial companies, and religious organizations – helping professionals from a multitude of backgrounds and age groups move effectively through their aging and caregiving life changes, and understanding how to better serve their clientele. As a speaker, audience evaluations regularly appreciate her wit and high energy; a radio show that interviewed her told listeners to expect “bubbly, effervescent fun.”

Her audiences laugh – and sometimes shed a tear or two – but just as importantly, they come away with information that they can apply immediately to their own situations, and to good effect. In particular, they learn effective strategies for starting and managing the crucial conversations between adult children and their aging parents when caregiving issues come to the forefront. These conversations are often emotional minefields.

Kari Berit has both studied and lived through what she speaks and writes about. Key elements in her background include:

- Public speaker on a national and international level since 1997
- Host of the radio show, *The Unexpected Caregiver*, 2009-2014
- Director of senior housing, dementia-care specialist, and assisted-living manager in Minnesota, Wisconsin, and Colorado
- Over 25 years of experience teaching and directing programs for older adults in settings ranging from community meetings to national conferences, and classrooms to churches
- Past director on Good Samaritan Society National Board
- M.S. in Continuing and Vocational Education from the University of Wisconsin, Madison
- B.A. in Psychology and International Health Care from St. Olaf College, Northfield, MN