

About Kari Berit

*Taking care of others is noble.
Taking care of yourself is a necessity.*

Kari Berit helps you stay *Supported, Appreciated, Not Guilty, and Energized* while giving care to a loved one. She calls this the S.A.N.E. Method.™

Learning small ways to recharge your batteries on a daily basis will not only benefit you, but will also make you a more loving caregiver.

Kari has spent her career raising awareness of the toll family caregiving can have on families, focusing primarily on the dynamics between adult children and aging parents. She is the author of *The Unexpected Caregiver* and *Mental Fitness Guide*, both published by Attainment Company.

For 30 years, she has been addressing industry associations, private business groups, financial institutions, and religious organizations – helping professionals and families handle the disruptions that often accompany caregiving.

Whether in person, online, or through videos, Kari Berit is passionate, authentic, down-to-earth, and fun. She connects immediately with her audiences: “She was talking about me,” they often say.



Kari 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.
- 30 years of experience teaching and directing programs for older adults in settings ranging from community meetings and national conferences to classrooms and churches.
- Regular magazine contributor.
- 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.

www.unexpectedcaregiver.com