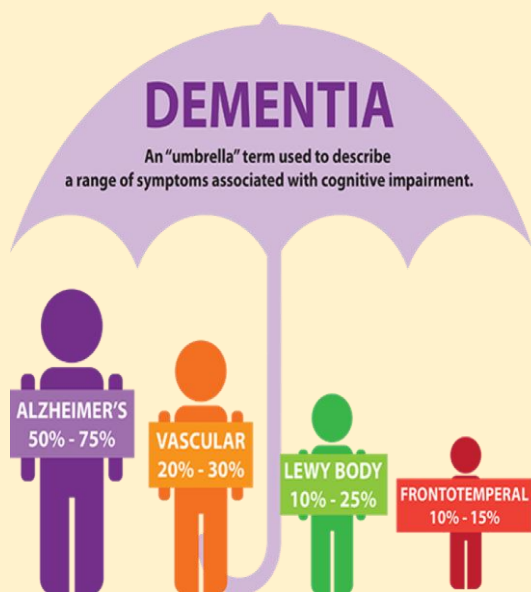


Ideas for Staff/Volunteer Training  
Family Education  
Community Outreach  
Employee Enrichment

- ❖ Addressing Caregiver Burnout
- ❖ The Importance of Advanced Directives
- ❖ Avoid Crisis Decision Making- Plan Ahead
- ❖ Understanding the Aging Services Continuum of Care
- ❖ AGE-u-cate Training Institute Programs
  - IGNITE!
  - Flashback
  - Dementia Live
  - Compassionate Touch



Julie Boggess formed Enlighten Eldercare after spending 30+ years working in the senior housing and healthcare industry.

Throughout her career she has provided education and support for professional and family caregivers facing the challenges and rewards of caring for the elderly.



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### Mission

Equipping caregivers with knowledge and tools that enable successful caregiving for the elderly

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



**Julie Boggess, CDP, LNHA**

Serving Chicago  
and Surrounding  
Suburbs

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Churches  
Senior Centers  
Hospitals  
Home Care/Hospice  
Assisted Living &  
Nursing Communities  
Educational Settings  
Corporations

Private Consultation



Julie is a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners and is proud to be a Certified Master Trainer with the AGE-u-cate Training Institute.

The innovative programs offered by AGE-u-cate transforms attitudes and actions by increasing awareness and understanding of age-related changes and challenges, including dementia.

Julie is a licensed nursing home administrator since 1990 and an instructor and the interim Director of Gerontology at Northern Illinois University in DeKalb, IL.

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**DEMENTIA Live**®

*"Because it's frightening to care for someone you don't understand"*

**Compassionate Touch**®  
Because touch is good medicine



**Dementia Live** is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. Begin your journey to person-directed care with Dementia Live.

**Compassionate Touch** is an approach combining skilled touch and specialized communication that is shown to prevent behavioral expression in people with dementia and reduce job stress in care-partners. In palliative care, it provides skilled touch with compassionate presence to enhance quality of life for those in the later stages of life.

**Ignite** is powerful educational program that provides learners with practical tools to improve communications, respond to behavioral expressions, relieve caregiver stress and engage in meaningful activities with persons with dementia.