



American Program Bureau, Inc.
A Global Speaker, Celebrity & Entertainment Agency

Gail Sheehy

Topic Descriptions

Creative Caregiving: Lightening the Experience of Family Caregiving

Having acted as her husband's caregiver for 17 years, Gail Sheehy—who has chronicled every major turning point for 20th-century Americans—understands firsthand the fears and frustrations of family caregiving.

Just about everybody with older parents or a sick spouse seems to be stumbling through in our fractured healthcare system. In this fascinating and empowering speech, Sheehy shares how, over the course of her husband's illness, she turned dead ends into creative surprises. She will help your audience identify common stressors and stages and find helpful resources and relievers, and shares secret "code words" to use with professionals to access the services your loved one deserves. Sheehy coaches audiences on how to find a medical quarterback and how to enlist your siblings, friends, and neighbors in a circle of care. Learn how to reawaken the imagination of a loved one through art, music, and oral history. She shares from the heart, bringing her presentation alive with a video of poignant scenes from her own struggles and victories as a caregiver.

Saving Caregivers: How Hospitals & Communities Can Partner with Family Caregivers to Save Sanity & Money

The population of caregivers is exploding. They come in all ages and half of them hold full-time jobs. They are struggling to cope with the needs of aging and ill loved ones, while trying to keep their careers and personal life from neglect. Studies continually show that caregivers also suffer serious health consequences.

Great benefits are shared when healthcare professionals partner with family caregivers. Gail Sheehy's presentation "Saving Caregivers" is geared specifically for healthcare administrators, nurses, social workers, and doctors. Sheehy shares what she has learned from the most progressive practices in healthcare systems and communities, in creating coalitions that connect isolated caregivers and help train and support them. Reviewing the various stages and passages of adult life, she offers valuable insights for professionals who may themselves be caregivers. She also shows a personal video of scenes from her 17-year caregiving experience with her husband, setting the stage for a candid discussion of the most humane interactions between professionals and families.

Adventures of the Spirit: Feeding the Soul in Second Adulthood

As we move toward retirement from daily work, the real work of our Second Adulthood becomes the feeding and crafting of the soul. Where and when do you hear your soul's voice? In nature? In meditation? In offering friendship or care? In nurturing your grandchildren? This is a good time to compose a personal creed. The object is to know what you personally believe in and act upon it. Do you hunger for spiritual reconditioning?



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In this exciting presentation, Gail Sheehy will prompt you try new adventures of the spirit (for example, forming a WIT circle—Wisewomen in Training—to share strategies for making tough passages, and finding new transports to joy).

Seasoned Women: Pursuing the Passionate Life

Gail Sheehy celebrates the surge in vitality among Boomer women seeking renewed love, sex, new passions, deepened spirituality, and revitalized marriages—or the freedom of singlehood and romance. With inspiring stories of colorful women she has interviewed who are boldly seeking new ways of life, Sheehy reveals the story of an intimate revolution taking place under our very noses. As life spans grow longer, women—once free of the exhausting demands of young children and career building—find themselves ready to pursue the passionate life. They embrace their Second Adulthood as a period of reawakening.