



The Heart of the Caregiver Gives Instant Online Support to Caregivers Across The Globe

Organization Offers Free Virtual Support in Honor of National Family Caregivers Month

Charleston, SC – The Heart of the Caregiver (THOTC) will provide free access to “Five Steps to Transformation,” the first introductory program designed to offer immediate support to caregivers of anyone with physical and mental disabilities, chronic illness, or geriatric issues in honor of National Caregiver Month.

“Our mission is to give accessible, immediate help to any and all caregivers,” says Author and Founder, Mary Tutterow. “Through a workbook, online resources and virtual support groups, our program is designed to meet caregivers wherever they are with the ultimate goal of helping them move from overwhelmed to overjoyed.”

THOTC is the only organization to offer online courses and resources to guide an array of caregivers through simple steps for reframing perspective on their caregiving situation. To compliment self-study and educational materials, the organization provides virtual small groups to serve as a peer network for encouragement, sharing, and support.

“THOTC reminded me that I was not alone in facing my husband’s illness,” said Dianne Terry, a recent participant. “In my darkest hours, I could digest encouragement from the workbook and connect with other caregivers online for support. When I needed it, my support system was there.”

THOTC will provide free access to its “Five Steps to Transformation” including online worksheets and videos of a small group dynamic and discussion. To download the “Five Steps to Transformation,” visit www.theheartofthecaregiver.com.

More About The Heart of the Caregiver

More than 65 million people, approximately 29% of the US population, provide care for family coping with conditions such as Alzheimer’s, autism, cancer, and more. THOTC is on a mission to give immediate, accessible support to these caregivers. With resources ranging from online courses to virtual support groups, THOTC focuses on meeting caregivers with the help needed whenever, wherever they are. THOTC is your invitation to a new beginning – to see yourself, your situation and the person you are caring for in a whole new way – through the light of God’s amazing love.

To learn more for yourself, a friend, your church, or community outreach center, visit www.theheartofthecaregiver.com where you can download a sample chapter, opt-in to an email list for dates and times of support groups, purchase the workbook, learn more about the author, or connect with us for more information.

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THE HEART OF THE CAREGIVER

FROM OVERWHELMED TO OVERJOYED

The Heart of the Caregiver - Fact Sheet

- THE BOOK** The Heart of the Caregiver is a transformational workbook for any caregiver that is feeling overwhelmed by the responsibilities and emotions of caring for someone with disabilities, chronic illness, or age related issues. It can be done alone or in a group. Through this workbook, readers will come to see themselves and the people they care for in a whole new way – from overwhelmed to overjoyed.
- THE NEED** According to the National Alliance for Caregiving, more than 65 million people, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family. There are 600 million caregivers worldwide.
- The stress impact of caring for someone with chronic and exceptional needs on a long term basis has been compared with Post Traumatic Stress Disorder.
- Divorce, abuse, neglect, depression and addiction are typical among family caregivers.
- Financial issues plague family caregivers – due to missed work, out of pocket expenses, etc. 47% of working caregivers indicate an increase in caregiving expenses has caused them to use up ALL or MOST of their savings.
- PHILOSOPHY** We must make peace with the suffering all around us. Only when we are at peace with suffering, can we offer comfort and healing.
- METHOD** Getting caregivers connected, talking, sharing...even laughing can break through the negative emotions and habits that form when we are alone with and afraid of suffering.
- THE AUTHOR** Mary Tutterow and her husband Winn have two adult children. Mary Addison is mentally and physically challenged with a chronic seizure disorder. She is currently 24 years old. Winn is an only child. He and Mary cared for his mother through cancer and early dementia. Mary is an author, speaker and teacher. They live in Charleston, SC. Mary blogs about her experiences at www.MaryTutterow.com.
- THE COURSE** Overwhelmed caregivers can have **immediate access to content, connection and support – wherever they are** (hospital, hospice, bed side, etc.) – through PDF downloads, videos, Facebook Groups and live online small groups.
- TESIMONIALS** "She writes in a straight-forward style that makes this mountainous transformation very real and attainable in ten chapters." - Tory
- "Not only have I benefited immensely from the experience, but it has absolutely improved the quality of life for my husband and myself." -Dianne
- "Thank you so much for sharing your life with us through the caregiver book and class. I have learned so much about God and myself in studying each chapter and especially enjoyed the discussions with others sharing the role of caregiver." - Diane
- "This book is beautifully written. It truly gave me a new attitude and new strength to minister to my disabled husband." - Kathy
- "This book changed my perspective on our whole situation. It taught me to realize that I am not, and don't have to be, a superwoman. It allowed me to consider 'all things work together for good.' It showed me how to live a balanced life, and see my special needs child as a gift." – Whitney

INFO ON NATIONAL FAMILY CAREGIVER'S MONTH

- Celebrated each November
- Caregiver Action Network oversees the national celebration.
- Celebrating Family Caregivers during NFC month enables all of us to:
 - o Raise awareness of family caregiver issues
 - o Celebrate the efforts of family caregivers
 - o Educate family caregivers about self-identification
 - o Increase support for family caregivers

MORE FROM THE AUTHOR

Our daughter has had seizures nearly every day since the day she was born – twenty four years. Like so many caregivers, we have been through countless medications, therapies, and surgeries. We spend hours in clinics, hospitals and doctor's offices. Everywhere we look, there are suffering people. It can get overwhelming – effecting our psyche, our health, other relationships. Our gut reaction is to fight against suffering with all that we have, but the startling truth I have discovered is that we can make peace with suffering. When that happens, we can enter in and offer the comfort and healing our loved ones, our world needs.

*Isolation plays a big in role fueling the problem. When we are alone with suffering, our fear escalates. But, if we can get caregivers connected, talking, sharing - even laughing – we can chip away at the negative emotions and habits that can form. That is why I created *The Heart of the Caregiver*. I experienced the transformative power of connecting with others who “got” what I was going through. Connection, along with a curriculum for positive emotional and spiritual growth can change lives.*

PHOTOS

Actual files attached.



Author Mary Tutterow



The Tutterow Family – Winn, Mary Addison, Mary, William