

Bios for Trish Laub

2-line bio: (141 characters, 25 words)

Trish Laub is an expert on living with dementia and navigating the maze of care options and decisions for dignified care through end of life.

Short Bio: (53 words)

Trish Laub's expertise is derived from the full-time care of her parents, one with Alzheimer's, for whom she delivered the care and end of life they desired. Her award winning *Comfort in their Journey* book series provides the clear, concise and accessible information that she wishes had been available to her. Info: wwwTrishLaub.com.

Medium Bio: (101 words)

Trish Laub's expertise (Alzheimer's, end of life, dignified care) is derived from the full-time care of her parents, one with Alzheimer's, for whom she delivered the care and end of life they desired. Her award winning *Comfort in Their Journey* book series (*A Most Meaningful Life, Peaceful Endings, and Through the Rabbit Hole*) provides the clear, concise and easily accessible information that she wishes had been available to her. Trish offers readers her story and experience, and the opportunity to thrive during the caregiving process. These nuts-and-bolts books enable caregivers to be quick studies, think and then act. For info: wwwTrishLaub.com.

Long Bio: (295 words)

In 2002 Trish Laub was told that her father was being treated for Alzheimer's. Trish and her husband moved from suburban Chicago to the Denver area in 2012 not only to enjoy the beautiful mountains but also to be closer to her parents.

Just 48 hours after Trish arrived in town, her father suffered an unexpected medical crisis, setting into motion a two and one-half year journey of care. Trish served as a caregiver and manager of her parents' daily and medical care, as well as the care team. The process continued through their end of life and the settlement of their estate. Trish has continued to gain experience over the past eight years by participating in the care and end of life of loved ones and consulting for others.

With her abundant expertise, Trish has created *Comfort in their Journey*. Her award winning *Comfort in Their Journey* book series (*A Most Meaningful Life, Peaceful Endings, and Through the Rabbit Hole*) provides the clear, concise and easily accessible information that she wishes had been available to her. Trish offers readers her story and experience, and the opportunity to thrive during the caregiving process. These nuts-and-bolts books enable caregivers to be quick studies, think and then act by making informed decisions

After spending 18 years developing computer systems, Trish went on to cofound both a national dance education company and a national nonprofit prevention theater company focused on helping at-risk teens. She is a Black Belt instructor of The Nia Technique and has been licensed since 1999. Using her previous computer and teaching experience in combination with her most recent caregiving experience, Trish provides practical guidance for dignified care through end of life through her book series, speaking engagements and workshops, and consulting. For info: www.TrishLaub.com.

7 Things that Differentiate Trish Laub

1. Trish was in the trenches, managing and providing care, handling her parents' myriad medical issues, which included Alzheimer's and Stage 4 cancer.
2. She wants everyone to know the peace of mind that results from open discussions about living with Alzheimer's, dignified care when facing any serious illness, and wishes and decisions for end of life when a medical condition is terminal.
3. Trish writes for quick reference, clear, concise and useable.
4. Trish wants to inspire others to be mindful caregivers, to think and then act.
5. Trish learned that you can thrive and feed your soul as a caregiver.
6. She is a computer science geek by formal education and has a knack for taking a lot of information and drilling it down to its valuable nuggets.
7. Trish is a creative analyst, practical artist and an open-minded skeptic.