

“Common Sense Caregiving”

A program presented by Mary Ellen Erickson Ph.D.

According to the 2000 North Dakota Census, 14.7% of our population was 65 and older in 2000. That percentage has grown in the last five years. The percent of people 65 and older in our smaller, rural counties of North Dakota averaged about 24%. It is predicted that by the year 2030, one in four people across the whole United States will be 65 and older. These statistics are challenging all of us to prepare for the growth of our elderly population in the next 25 years.

Caregiving in our state will become an overwhelming addition to an already busy life-style for most families. People need support and education to help make the caregiving process both rewarding and positive. Because of her own experiences in caregiving and education in that field, Dr. Erickson was inspired to write a book on elder care, *Common Sense Caregiving*, to help families learn about the rewards and positive side of caregiving. Her book is an outgrowth from a dissertation written while receiving a Ph.D. in Human Services. Her interviews with 30 caregivers in Foster County, North Dakota, provide the basis for her research project. In her book she teaches with humor and empathy as she discusses motivation, roles and tasks, family relationships, personality changes, strategies and adaptations, religion, institutionalization, decision making, and positive aspects of caregiving.

Dr. Erickson is now available to talk to any church group on the topic of “*The Churches Role in Elder Care.*” Erickson is a Toastmasters trained public speaker, a retired school teacher/counselor, and a life long Christian. Her speech will inspire your church family to look at elder care in a new light.

For more details on her presentations, Mary Ellen is available at:
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