Abstract
Title: Consummate Caregivers
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Far too much data reflects the burdensome responsibilities of those that are caring for people living with one of the dementias. Though nomenclature is geographically recognized; individuals who care for loved ones with dementia are often referred to as: caregivers, care partners, caretakers, and carers. Despite semantics, these individuals are seemingly overwhelmed with responsibilities, often single-handedly. Continued research substantiates a depiction of (caregivers, care partners, etc.) as *not* properly caring for his or herself. Why is this?

Caregivers (care partners, caretakers, etc.) are the nucleus of the caregiving process. They are the ultimate breadth of the inter-workings of serving a loved one with dementia. This begs the question to be answered as to what one can do to ease colossal caregiving undertakings and curb hardships.

A care team is the solution to managing care. A care team is a specific team of individuals that assist a caregiver (care partners, caretakers, etc.) with their tasks. A closer extrapolation of a care management model includes planning, implementation, and execution of such a team, and calls for a noteworthy discussion. There are nine (9) essential components in devising a care team. It is as follows: the family, primary care physician, a neurologist, a neuropsychologist, palliative care team, rehabilitation specialists, professional organizations, elder law attorney, and a social worker/therapist. As operationally defined, the family is the nucleus, the central and most important core of a care team. The other eight (8) components are extensions of this nucleus.

Bio
Dr. Debra Tann is the CEO of Reminiscent, Inc. which is a non-profit educational organization. The organization's mission is to empower, educate, and encourage those living with dementia, family & friends, community, and especially caregivers. Dr. Tann is a dementia podcaster, local radio host, and author with her most recent publication entitled "The Race of Dementia." She serves at the local, state, and national level on issues of dementia and conducts advocacy work on behalf of all dementias. Dr. Tann's additional work includes the significant leadership task of ensuring her community becomes Dementia Friendly.

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Session Name: Consummate Caregiver
Category: Oral Presentation