



Biography

As a Caregiver Support Group Facilitator, author, and speaker, Tanya is on a mission to help as many of the over 11 million unpaid dementia caregivers in the US as possible. These caregivers need support, resources, and guidance to navigate a role they may never have asked for but want to fulfill successfully.

Tanya knows what caregivers face—she's been one and she has supported many in her monthly group meetings. Being a caregiver for someone with irreversible dementia can be a thankless and frustrating experience.

Tanya Brockett

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Tanya's upcoming book, **Finding Grace When You Want to Scream: Simple Tips to Cope for Dementia Caregivers**, shares insights for navigating the caregiver journey with grace. Its sometimes lighthearted stories and examples help others to breathe when they want to scream.

Book Tanya and Share the Gift of Grace with Your Audience.



@TanyaBrockett



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Suggested Questions

- Your book introduces the BASE System of Self-Care. Can you share how it works?
- What is the blue-plate special, and how does it help at mealtime?
- How can a Groundhog Day approach help reduce frustration with repetition?
- How can journaling help caregivers boost retention?
- What is respite care, and what are its benefits?

Upcoming Book

Finding Grace is designed to be a short-read book that caregivers can sneak into the bathroom with when they need help during their day. It is designed to provide comfort, information, and support for unpaid caregivers. Coming soon to Amazon and other print & ebook retailers.

