

Wiser Now, Inc.

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Kathy Laurenhue: A Brief Resume

Education

- M.A. in instructional technology (training)
- B.A. in English
- Certified in California as a geriatric activity professional

Since 2003

CEO, Wiser Now, Inc., a training/development company focused on aging well, now with a particular emphasis on keeping an active mind. Known for practical advice provided in an upbeat manner. Current and recent work includes:

Author of

- ***Brain Aerobics Weekly***, a subscription-based downloadable pdf file that each Monday offers 10 pages of trivia quizzes, word games, discussions, creative thinking and reminiscence exercises and a potpourri of additional material (+ related blog)
- ***Creative Mind Play CD series*** based on *Brain Aerobics Weekly* (Health Professions Press)
- ***Getting to Know the Life Stories of Older Adults: Activities for Building Relationships*** (Health Professions Press)
- ***Alzheimer's Basic Caregiving – an ABC Guide*** and ***Activities of Daily Living – an ADL Guide for Alzheimer's Care*** (indispensible companion books)
- Online Activity Teacher courses and the “Weekly News Bite” column for www.activityconnection.com
- (Formerly) the monthly newsletter ***Wiser Now Alzheimer's Disease Caregiver Tips*** which was published for 8 years

Presenter on

- Topics related to keeping an active mind, resources for doing so, and life stories (Conferences, webinars, in-house training)
- Caregiving sanity (Doing what makes sense and builds stronger relationships between the carer and caree)
- Medical office staff communication issues for a pharmaceutical company

Curriculum developer

- Work with clients in the U.S. and Australia to develop multi-media (print, video, online) customized elder-care training on topics from general aging

and dementia-specific topics to communication and team-building, including creating family partnerships

Formerly

- Director of Learning Development, Mather Institute on Aging
- President of Better Directions, Inc., a multi-media company which created training materials, provided consultation services and conducted training seminars, with a special emphasis on Alzheimer's disease and related forms of dementia. Clients throughout US and Australia.

Most significant influence on career

Caregiver for parents for 10+ years. Father had chronic heart, lung and kidney disease and was diabetic. Mother had Alzheimer's disease. Experiences included home health care, private live-in caregivers, hospitalization, nursing home, hospice and multiple years of hands-on care in my home performing all IADL's and ADL's.