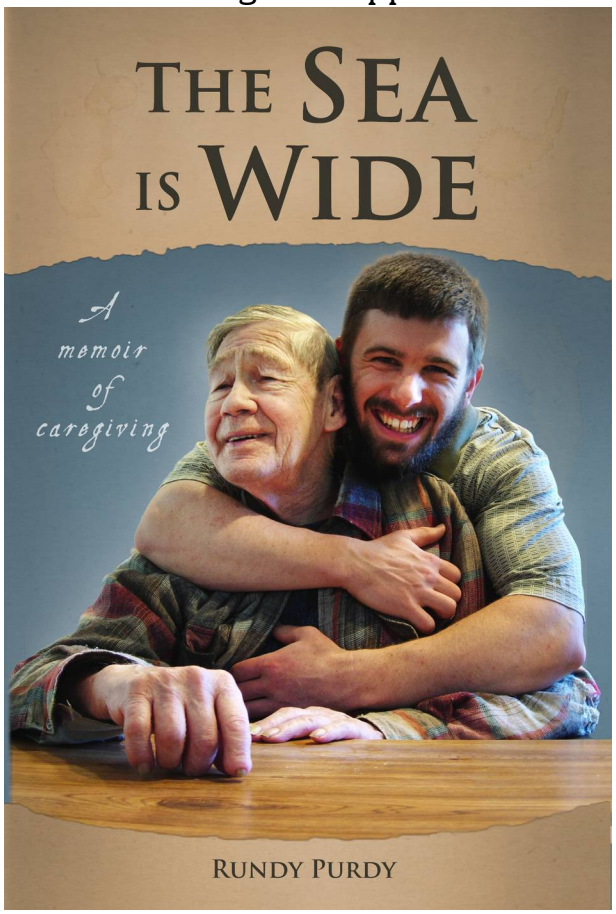
Caregiver Support



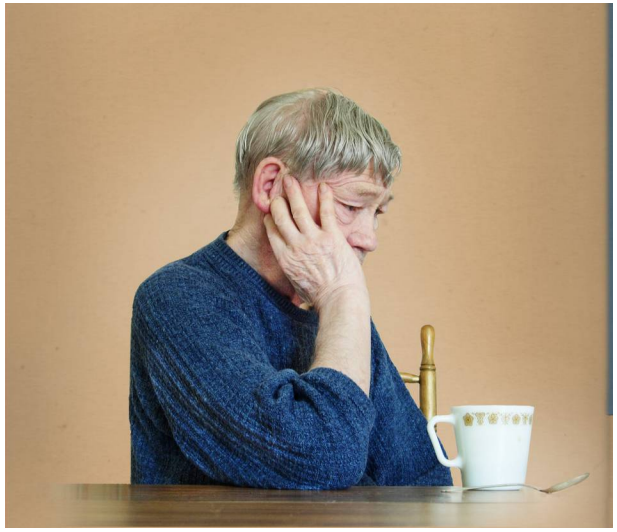
The National Caregiver Alliance estimates that there are 34 million informal caregivers helping someone age 50+ in their life. Rundy was one of those people. He spent eight years providing full time personal care to his ailing grandparents.

In a combination of presentation and question and answer session, Rundy brings key insights on providing more excellent care, and understanding those we care for.

The Caregiving Memoir

Based on his extensive caregiving experience, Rundy has a passion to help those facing the caregiving struggle. His goal is to inspire and encourage others to overcome obstacles and become all the caregiver they can be.

The Sea is Wide is a touching story of the trials and triumphs of Rundy's caregiving journey. It brings insight, compassion, and a message of hope to all caregivers.



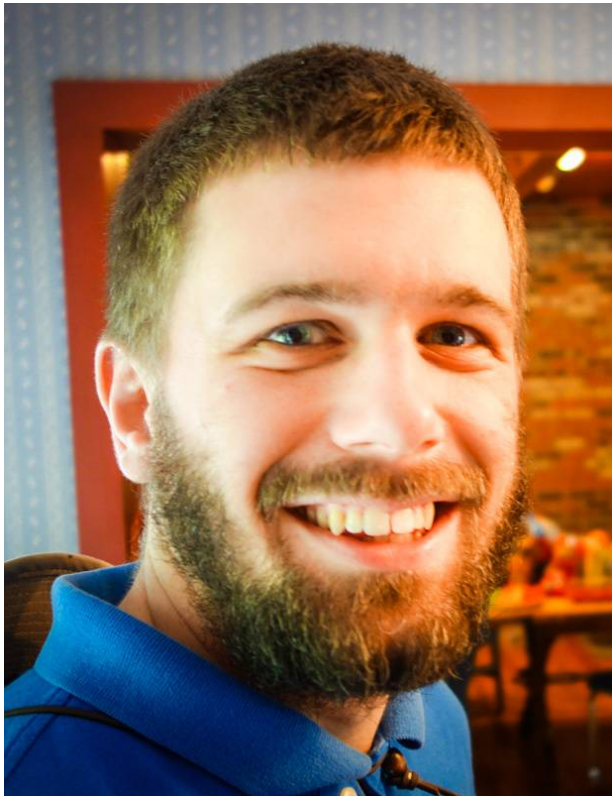
"**It is a must-read** for those taking care of loved ones" -- *Louise O'Keefe, PhD, CRNP.*

"**A real insight** into the depth, love and reality of a caregiver" – *Debbie Rombach, RN.*

"*The Sea is Wide* gives healthcare professionals an inside look at the struggles" – *Nicole Wayman, LPN.*

The Caregiving Journey

Encouraging & Supporting Caregivers



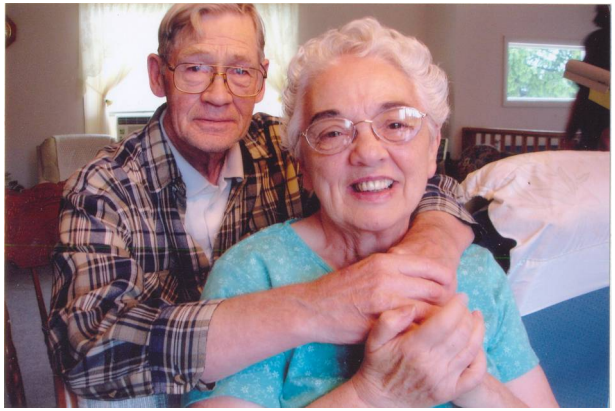
Rundy Purdy
Caregiver, Author, and Speaker

Caregiving Support
May 19th 6:30PM
Guernsey Memorial Library, 3 Court St
Norwich, NY 13815
Event Contact: Connie Dalrymple 607-334-4034

Light refreshments will be served
Come join us!

Part One

Beginning The Journey



- Becoming A Caregiver -

- Learning to Adjust -

- Resentments and Frustrations -

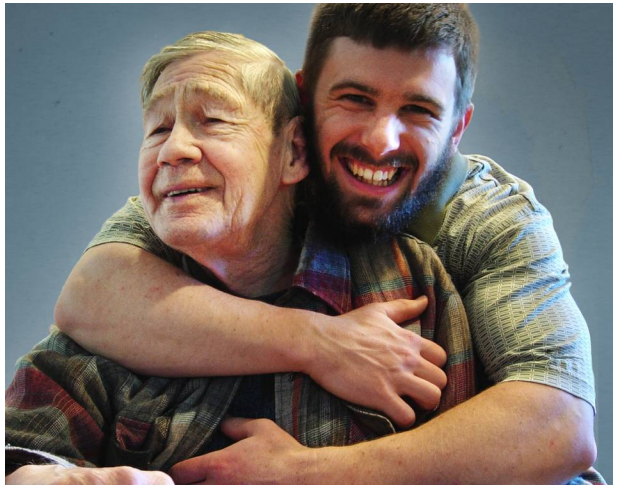
Find us on the web for more information and caregiving support!

CaregivingReality.com

Articles, videos, and interviews are available for free to help caregivers. You can also sign up for the monthly newsletter.

Part Two

The Caregiving Struggle



- Past and Present Relationships -

- The Five L's in Caregiving -

- Good and Bad Dynamics -

- Support and Caring for Yourself -

Rundy is available for interviews. He can also be scheduled for events both large and small.

Contact info:

Email: rundy@caregivingreality.com
Phone: 607-239-0935

Part Three

Surviving and Learning

- Letting Go -

- Good and Bad Endings -

- Complicated Grief -

- A Vision of Hope -

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