



Support,
Guidance &
Relief

Dr. Sandra W. Haymon
International Motivational Speaker and
America's #1 Caregiving Expert



Get Off the Emotional Roller Coaster of Caregiving, Get Your Life Back, and Never Feel Guilty Again!

Sandra W. Haymon, Ph.D. – Biography

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Dr. Sandra W. Haymon, America's #1 Caregiving Expert, licensed Psychologist, author, and International speaker has pioneered the field of Caregiving for more than twenty-five years. Her visionary book *My Turn Caring for Aging Parents & Other Elderly Loved Ones-A Daughter's Perspective* (1996) was the very first book ever published in the U.S. on caring for aging parents. *My Turn* and her latest book *Baby Boomers—Sandwiched Between Retirement & Caregiving* (2009) are both based on Dr. Haymon's personal experience of having nowhere to turn and everything to learn when her own parents (both with Alzheimer's disease) needed care. This experience motivated Sandra to combine her personal experiences with extensive research to provide others with the answers she wished she'd had.

Dr. Haymon hosted her own blog talk radio show *The Baby Boomer Sandwich Show* for more than a year. She interviewed a variety of guests specializing in topics concerning America's 78 million Baby Boomers.

Dr. Haymon has been featured on numerous television and radio shows including ABC's *Good Morning America-Sunday* and CBS' *Late, Late Night with Tom Snyder*. As an International speaker Dr. Haymon's most popular Keynotes are: *The Sacred Journey of Caregiving-A Transformational Approach to Life*; *Emotional Issues of Caregiving—Saying Goodbye & Letting Go*; *Communicating Effectively with Alzheimer's Patients*, *Emotional Issues and End of Life Concerns of the Elderly* and *the Powerful Gift of Emotional Agency*.

Dr. Haymon was also featured in *U.S. News and World Report* and *Good Neighbor* magazines as well as numerous other publications. Her work has been endorsed by countless organizations including the Alzheimer's Association Desert Southwest Chapter, the Georgia Alzheimer's Association, the Alzheimer's Resource Center, the State of Florida Department of Elder Affairs, and Florida Health Care Association.

Dr. Haymon has presented at major Annual Conferences including: The American Society on Aging-43rd. National Conference, 17th-Annual Southern Arizona Caregiver Conference, 2nd-Annual Southwest Arizona Collaborative Caregiver Conference, Georgia Hospital Association, Georgia Hospital Auxiliaries, Florida Health Care Association, and Help Age India. She has presented keynote addresses and break-out sessions for thousands of family and professional caregivers across the United States and India.

Dr. Haymon earned her doctorate in *Counseling Psychology and Human Systems* from the Florida State University. While at Florida State, she developed the first testing instrument that identifies workaholics (*Work Attitude Scale*) and conducted the first empirical research in the U.S. on work addiction. Her research was cited in more than 20 major newspapers in the United States and Canada. Dr. Haymon is a member of the *National Association of Professional Women*, *Who's Who of American Women*, *Outstanding Young Women in America*, and *Who's Who Among Students in American Universities*.

Dr. Haymon and her husband served as humanitarian volunteers for 18 months in Chennai, India working with women and children cancer patients in a government hospital. She and her husband climbed to Mt. Everest Base Camp in 2001 and trekked to the summit of Mt. Kilimanjaro in 2009. Dr. Haymon presently resides in Marana, Arizona with her husband. When describing herself she states, with much pride,

"I am truly a *baby boomer in every respect and count it a blessing to have been born into such an amazing generation of people at the most incredible and wonderful time in the history of the world. We are the great producers, and we will continue to be productive—even when it is called retirement.*" ###