



AUTHOR BIO

Karen Owen-Lee, M.S.

THE SENIOR CARE EXPERT

Karen Owen-Lee caught her desire to work with seniors from her mother, a professor who started the first accredited major of Gerontology (the study of aging) in Pennsylvania. Karen went on to complete her Masters in Gerontology. She and her mother traveled internationally to observe how other cultures respect, and care for their elders. In 1980, they attended the International Gerontological Conference in Tokyo, Japan, meeting professionals in the field from all over the world.

Karen moved to Colorado in 1981 to work with seniors in 40 retirement communities in 5 states. From there, she founded four companies before starting Housing Options for Seniors, a company that placed thousands of seniors in over 300 assisted living and memory care communities. She was the founder of Colorado Real Estate Lady for Seniors and Creative Results, a marketing firm for senior-related businesses, a store for senior supplies and a real estate agent for seniors and their designated executor.

In Karen's 30-year career, she has become one of the best-known Senior Specialists in the country. Her keynote speeches to Fortune 500 companies are serious topics on aging presented with a light-hearted approach. Attendees with aging parents have been overwhelmingly enthusiastic about her practical approaches.

Karen has appeared on Colorado & Company on KUSA in Denver and has had articles on senior issues published in newspapers including The Denver Post, L.A. Daily Times, The Inland Valley Daily Bulletin in Ontario, Canada, and the Sterling Journal-Advocate in Sterling, Colorado.

Karen's first book, *The Caring Code: What Boomers Need to Know About Seniors*, has received a Five Star rating on Amazon e-books. It is a systematic guide for baby boomer children with aging loved ones. Karen's latest book is *Caregiving While Keeping Your Job*, a guide for working families with an aging loved one in declining health.

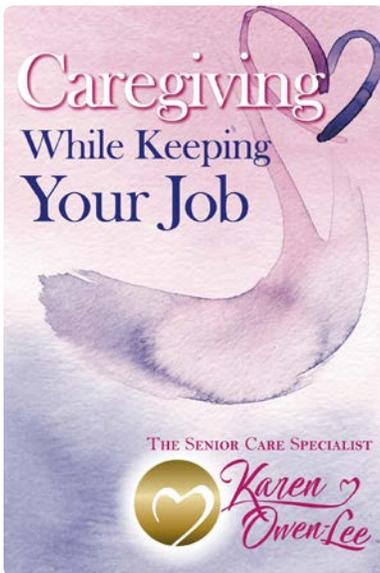


KarenOwenLee.com

Visit Karen's website for information, Blog, links and other helpful resources.

THE SENIOR CARE SPECIALIST





PRESS RELEASE

For Immediate Release

Contact: Karen Owen-Lee

Phone: 303-875-4466

Email: karen@karenowenlee.com

Caring for Your Aging Parent While Keeping Your Job

New Book Addresses Caregiving Problems Faced by Over 22% of the U.S. Labor Force

Denver, CO, July 9, 2018, 2018—When an aging parent is healthy and living independently, the adult children rarely consider the day when Mom or Dad will need in-home care or will need to move to a senior care facility. A health emergency or mounting evidence that a parent is declining in health often results in the adult child risking their job and well-being to help their parent.

Karen Owen-Lee has counseled thousands of families and individuals on the best ways to plan for an aging family member's future. In her new book, *Caregiving While Keeping Your Job*, Owen-Lee addresses a growing problem in the U.S. labor force – adult caregivers are leaving their jobs or getting fired as the result of the hours spent caring for a senior family member.

“There are over 43 million unpaid caregivers in this country. This is an epidemic nobody is talking about,” says Owen-Lee. *“That’s about 22% of employees caring for a relative. 70% report suffering work-related difficulties due to their caregiver roles.”*

The additional responsibilities of caregiving can add an average of 21 hours of work to a caregiver's week – the equivalent of a part-time job. Caregivers can also suffer a loss of wages and career setbacks because of their dual roles. Companies are starting to recognize that they are not only losing good employees, affecting their bottom line in terms of lost productivity and lowered morale.

In *Caregiving While Keeping Your Job*, Owen-Lee outlines how to prepare a Family Action Plan for caring for an aging family member, including the signs your parent is declining in health, how to find resources to help with caregiving and how to work with employers to minimize disruption in the workplace. For employers, she outlines scheduling and leave options for employee-caregivers and suggests other ways to support employees while maintaining productivity and morale.

“It’s important for both companies and employees to plan for situations where employees will have to care for family members,” says Owen-Lee. *“Employees can relax knowing their loved one will get the care they need, and employers can keep good employees productive. Everybody wins.”*

Caregiving While Keeping Your Job by Karen Owen-Lee is available on Amazon.com. For more information on creating a Family Action Plan, contact Karen Owen-Lee at **Karen@karenowenlee.com**.

karenowenlee.com



THE SENIOR CARE SPECIALIST



Dynamic Speaker

for Corporate, Public & Private Sector Audiences

karen@karenowenlee.com

karenowenlee.com • 303-875-4466



Karen's Bio

In Karen's 30-year career, she has become one of the best-known Senior Care Specialists in the country. Her keynote speeches to Fortune 500 companies are serious topics presented with

a light-hearted approach like Caregiving While Keeping Your Job. Attendees with aging parents have been overwhelmingly enthusiastic to her practical approaches delivered with humor and compassion.

Awkward Conversations With Your Parent: Naming The Elephant in the Room

How to talk positively with your elderly parent about their health, finances and other personal topics.

No Employee Left Behind: How Your Company Can Support the Employee Caregiver

Strategies for supporting the caregiver employee while maintaining productivity and the company bottom line.

The Family Care Meeting: How Everyone Can Pull Together & Not Fall Apart

How to create a caregiving plan that shares the work and responsibility of caring for an elderly member.



"Karen Owen-Lee did an outstanding professional job speaking to our Lockheed Martin Space Systems Corporation employees... We had a huge turnout of employees for this topic."

Joan M. Miller,

**LOCKHEED MARTIN
SPACE SYSTEMS CORPORATION**

AS SEEN ON:

AND IN:

9NEWS.com

THE DENVER POST

Los Angeles Times



SPEAKERHUB
bit.ly/2dCnfj1



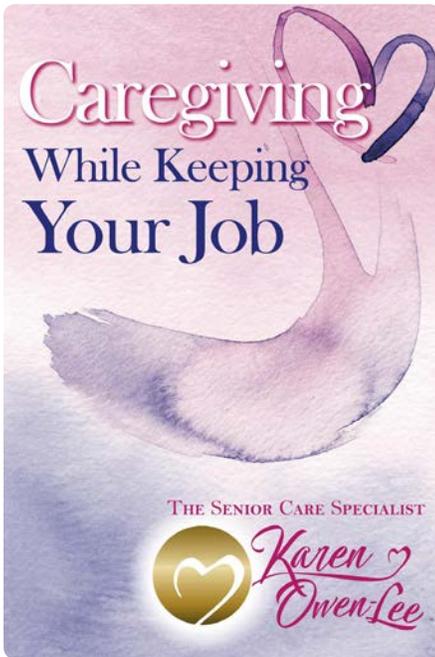
TWITTER
@kowenlee



LINKEDIN
karen owen-lee



FACEBOOK
karen owen-lee



BOOK RELEASE

Caregiving While Keeping Your Job by Karen Owen-Lee

GENRE: *Family & Relationships/Eldercare*

WHO THIS BOOK IS FOR: Stressed-out adult children who become caregivers for elderly parents or other relatives.

Caregiving While Keeping Your Job focuses on employees caring for aging loved ones in declining health. The stress and hours spent in caregiving result in employees who are emotionally drained, late to work and missing work altogether.

Six out of ten caregivers are full time employees. Caregivers are caught between fear and anxiety for their loved one and the fear of getting fired from their job.

Corporations need to address their lost revenue and productivity while the caregiver must address their stress and demands of keeping their job. Where do caregivers turn for help? What community resources are available?

Caregiving While Keeping Your Job discusses:

- The secrets to managing the parent's finances, legal and medical matters.
- How to determine how much leave time you'll need to assess your senior's condition and needs.
- Informative ways to conduct sensitive talks with senior family members about their health, finances and living situation.
- How to include other family members by creating a Family Action Plan to care for your aging family member.
- How to plan for a future will allow you to be a caregiver while staying employed.

karenowenlee.com

PUBLICATION DATE: 4/23/18

ISBN-13: **978-0692110669**

PRICE: \$19.95

#OF PAGES: 260

BOOK DIMENSIONS: 6 x 0.6 x 9 inches

FORMATS: paperback, ebook

Available on **Amazon.com**

THE SENIOR CARE SPECIALIST
 *Karen Owen-Lee*