

*Breeda
Miller*

*Creative Caregiving
Solutions*

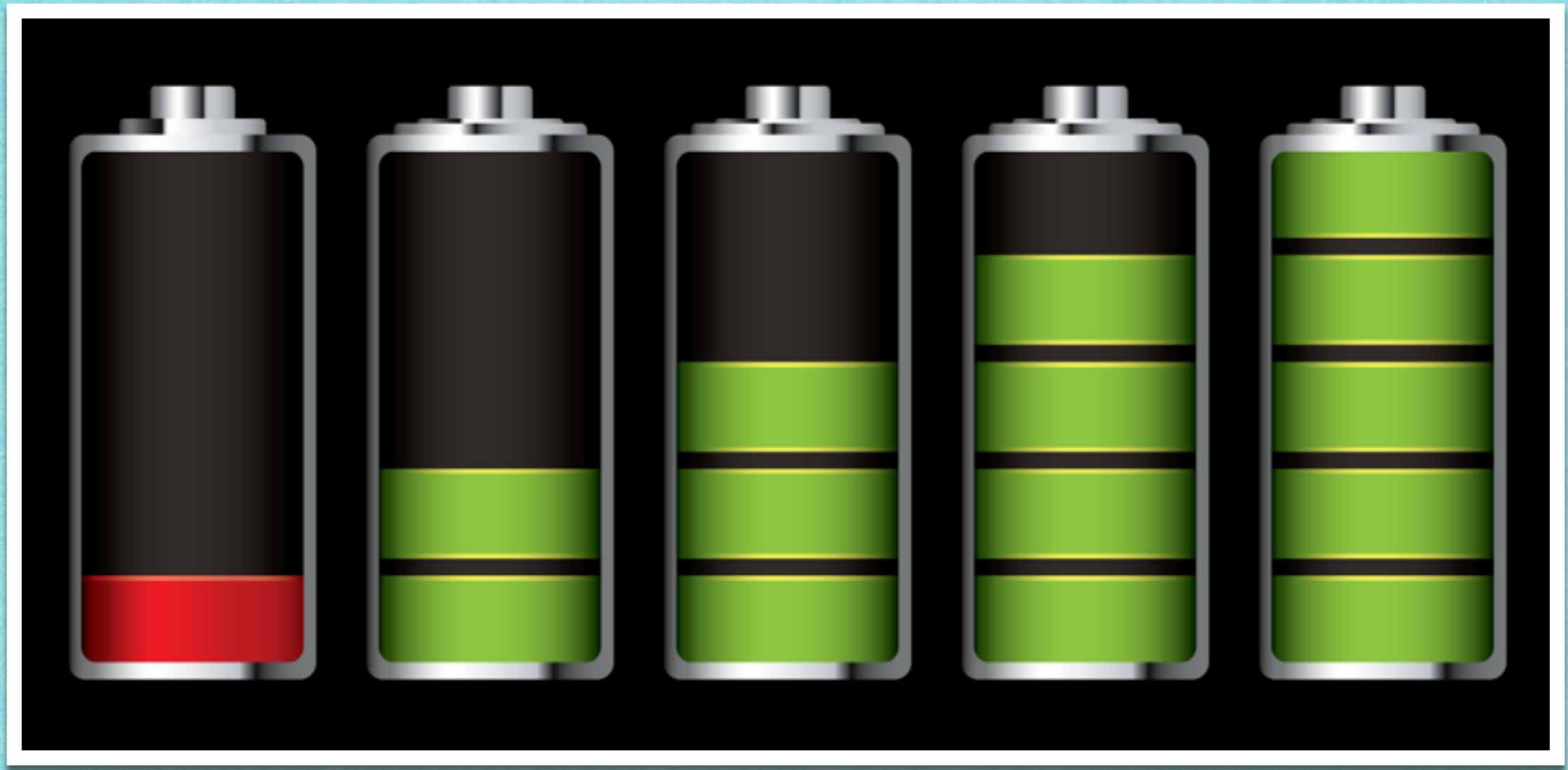
*Physical
Mental
Spiritual*



I am woman

I am strong

I am so **tired**



How do you charge your battery?

*Can't be
creative if
we are spent*

- *What you do now*
- *What you should do*
- *What you wish you
could do*



Breeda Ideas

- ▶ Velcro Shirt Fronts
- ▶ Family Memoir - E Book
- ▶ Playgroup for Moms (Fake Book Club)
- ▶ Website





The only way to have friends is to be one.
Ralph Waldo Emerson

Breeda Miller - Wit Works

Idea Gallery

Creative Solutions in Caregiving

Ideas to try, things to purchase, things to make, books to read, places to go, organizations to contact. Check out Breeda's blog on the home page for creative ideas using these resources.



- **Ergonomic Cutlery**
[Ikea.com](#)
[Elderlux](#)
[Welcome Mobility](#)
[Easier Living](#)
- **Adult Bibs, with attitude**
[Bibitudes](#)
[Walgreens](#)—big selection
[Personal Touch Health](#)
[Care Apparel](#)
- **Cool Wheelchairs and Walkers**
[pronto.com](#)—large selection (including plaid) and seat cushions
[wayfair.com](#)—bags and baskets
- **Disposable Underwear**
[Depends.com](#)
[Tena.com](#)



"What a wonderful presentation. Breeda gave us a glimpse of this with some light humor, that was so very needed for some in the audience, whom were knee-deep in caregiving."

JULIE BOYD, M.A., L.P.C., HURON COUNSELING SERVICES, LLC



Safari

*You don't
have to be
creative*

*That's why there is
Pinterest!*



Speed Problem Solving

10 solutions in 10 minutes

BreedaMiller.com