WISCOM accomplishments respect knowledge memories interest stories togetherness IOVe tenderness growing up goals advice wonder home dreams Caring Cards<sup>®</sup> contain 50+ questions cards, comprised of a wide range of topics, suitable for all ages and stages of life. Created to promote good conversation, heartwarming memories and to encourage broader memory recall.

> How do you know if someone loves you?

> > What are some life lessons you would like to share with people?

Our lives are our stories.

Caring

Bridging generations through CONVERSATIONS<sup>TM</sup>

respect interest stories growing up goals Homedreams Lar

wisdom accomplishments knowledge love togetherness love advice wonder

generations through conversations

This deck of carefully designed and tested conversation cards make it easy to explore memories, wisdom and personal histories with family and friends. Special moments you'll remember forever.



I was inspired to create these cards as a way to connect with my mom. As her caregiver, I could see she was increasingly depending on me to generate our conversations. This challenge led me to create Caring Cards<sup>®</sup> as a tool to promote meaningful connection and an opportunity to preserve her legacy.

Caring Cards<sup>®</sup> enabled me to easily stimulate her wisdom and stories, and she was delighted to have my full attention and feel valued. We've spent many hours chatting, laughing and learning a lot about each other.

Now it's your turn! My hope is that Caring Cards<sup>®</sup> will generate interesting conversations and create memorable moments for you and your family and friends, too. Enjoy!

## Kathie

## P.O. Box 1121, Southbury, CT 06488 203.572.5244 caringcards.com

## Many ways to use Caring Cards®

- Generate meaningful conversations at family gatherings including holidays and reunions.
- Connect with older family members including those with memory impairment.
- Invigorate mealtimes with family and friends.
- Add fun and good conversation to travel time.
  Use as ice breakers at team meetings/conferences.
- Follow the thread of conversation that unfolds after using a Caring Cards<sup>®</sup> question as a prompt.
- When engaging someone who has memory impairment, let go of concern about the accuracy of their response to allow for appreciation and connection.

## Mission & Vision

"Bridging generations through conversations" isn't just our tag line! It's our mission.

Although Caring Cards<sup>®</sup> were originally designed to engage someone with dementia, they have quickly been embraced by anyone seeking to promote meaningful connection.

Children and teens in particular may struggle with or avoid spending time with elders. Caring Cards<sup>®</sup> help generations find common ground through the sharing of oral histories which strengthens the relationship and deepens the bond.

In addition, home health care agencies, skilled nursing and assisted livings communities, youth and support groups and even financial advisors are a few of the many who offer Caring Cards<sup>®</sup> to caregivers and their families as a useful and appreciated tool.

P.O. Box 1121, Southbury, CT 06488 203.572.5244 **\$9.9**5