

# Tracy Cram Perkins

SPEAKER • AUTHOR

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Tracy Cram Perkins has been featured on:

Kara's Cures with host Kara Sundlin, WSFB Channel 3, Connecticut.

USA Global TV's Aging Gracefully with Humor

USA Global TV's The Corner Bookstore

USA Global TV's What's Trending

Assisting Hands Podcast with host Patricia DuBroof

Is a regular guest on the ProAging Podcast with host Steve Gurney of the Positive Aging Community

Tracy is the co-host of the Dementia Home Care Show on USA Global TV

Tracy tells your audience:

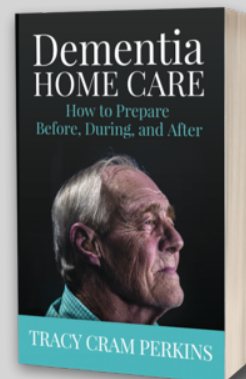
- One thing you should never do when caring for someone with dementia
- Simple dementia care life hacks
- How to use color to reduce fear and prevent wandering
- How to watch for and reduce melt downs
- How to distract and redirect your loved one
- How to connect using memory aids
- How to wander proof your home
- How to work with repetitive questions
- How to encourage bathing
- ... and much more

## About Tracy

Tracy is a four-time dementia caregiving survivor. Over the course of sixteen-years she cared for her parents, uncle, and aunt. She is the author of *Dementia Home Care, How to Prepare Before, During and After*; winner of the 2022 Chanticleer International Book Awards (CIBAs) for Instruction and Insight, How-To Manuals.

It is her mission to supply caregivers with proven shortcuts to reduce the stresses of dementia care.

Tracy teaches hands-on solutions for reducing repetitive questions, melt downs, and wandering using simple fixes found at hardware and office supply stores.



“A truly practical book. From my experience, *Dementia Home Care* is incredibly thoughtful and very well done.” Barry Petersen, CBS News Correspondent, author of bestselling *Jan's Story*

Visit [tracycramperkins.com](http://tracycramperkins.com) to sign up for her mailing list and receive your copy of “10 Steps to Calming Aggressive Dementia Behavior.”