

Dr. Amy D'Aprix

Founder & President at Essentials Conversations Project

Toronto, ON, CA

There will never be too many candles on your birthday cake when Dr. Amy develops your life transition and retirement planning requirements

Biography

Dr. Amy D'Aprix is an internationally renowned expert on lifestyle issues related to aging. Dr. Amy D'Aprix is a life transition consultant, author, corporate speaker, facilitator, coach, and an expert in aging, retirement, and caregiving. "Dr. Amy", as she is affectionately known, uses her gerontological social work background to give practical advice and get people thinking about retirement in a different way. Committed to empowering others to care for themselves and their families, Dr. Amy helps transform the lives of people involved in the caregiving experience. Her passion, understanding and empathy come from her own personal experience of caring for her parents for more than a decade. She has recently authored a book: *From Surviving to Thriving: Transforming Your Caregiving Journey*, and co-recorded a CD with an accompanying workbook: *Building the Bonds of Friendship in Midlife and Beyond*. Clients and caregivers across North America embrace her warm, engaging style and Dr. Amy is a frequent guest on radio and television programs. Dr. Amy has an extensive background working with seniors and their caregiving families, as well as educating other professionals about the needs of caregiving and aging. Dr. Amy has a PhD and Masters in Social Work, specializing in Gerontology (the study of the social, psychological and biological aspects of aging). In addition, she holds the designation of Certified Senior Advisor and is on the International Faculty for the Society of Certified Senior Advisors and the Canadian Academy of Senior Advisors.

Availability

Keynote, Moderator, Panelist, Workshop, Host/MC, Author Appearance, Corporate Training

Industry Expertise

Professional Training and Coaching, Social Services, Health Care - Services, Public Relations and Communications, Health and Wellness, Corporate Training, Elder Care

Areas of Expertise

Retirement Planning, Seniors, Elder Care, Practical Strategies to Improve Your Caregiving Role, Staying Healthy and Positive

Sample Talks

Retirement Planning

Through a series of thought-provoking questions and exercises, you will explore your retirement in terms of relationships, lifestyle, home, and health, and how these link to the financial implications of retirement. Through this workshop, Dr. Amy helps people set retirement goals that look beyond the first few years of retirement or the big dream.

The Future of Caregiving

Dr. Amy D'Aprix will discuss potential solutions for the growing caregiver shortage and will describe how aging professionals can help guide families through the caregiving journey including navigating transitions of care, emotional struggles, the practical questions of finding and financing care that fits specific needs, as well as research highlights from a recent national study on the value of in-home care.

Retirement Inspiration

Thirty years is a long time to fill. What are the things that really make you tick and how can you work them into your retirement.

People Power: Relationship Matters

The people in your life greatly affect your health and happiness. Find out how to strengthen relationships with friends, siblings, parents, partners, children and grandchildren.

Women and Money

The Women and Money workshop is designed to provide information, motivation and resources that will help women improve their relationship with money. This workshop includes a series of thought-provoking and interactive exercises, video presentations and group discussions. All of these elements provide a means for women to discover how to improve their relationship with money and become more confident and in control of their financial life.

Event Appearances

KEYNOTE SPEECH – Essential Conversations: Enrich Your Life Forever

McCarter Grespan Beynon Weir LLP Speaker Series

KEYNOTE SPEECH

Baycrest Speaker Series

KEYNOTE SPEECH: Caregiving in the 21st Century

Festival of International Conferences on Caregiving, Disability, Aging and Technology

The Business of Ageing

International Federation on Ageing Global Conference

Stigma, Mental Health, Ageing and Culture

International Federation on Ageing Global Conference

KEYNOTE SPEECH: Retirement Inspiration

ZoomerShow

KEYNOTE SPEECH: Women and Money

Women in Leadership and Business Conference

KEYNOTE SPEECH

Alzheimer's Association of Northeastern New York 16th Annual Caregiver's Conference

The "Talk" with Aging Parents

ZoomerShow

People Power: Relationship Matters

ZoomerShow

The Future of Caregiving

2012 Aging in America Conference

Education

Case Western Reserve University

Ph.D.

State University of New York at Albany

M.S.W.

Accomplishments

Director - International Federation on Ageing

The International Federation on Ageing is an international non-governmental organization with a membership base of NGOs, the corporate sector, academia, government, and individuals. WE BELIEVE in 'generating positive change for older people throughout the world by stimulating, collecting, analyzing, and disseminating information on rights, policies, and practices that improve the quality of life of people as they age.'

Faculty Member - Society of Certified Senior Advisors

The Society of Certified Senior Advisors educates professionals to work more effectively with their senior clients. We believe that the right kind of planning, recommendations and referrals can make aging a state to be savored instead of a fate to be feared. For those who work with seniors, that means understanding the key health, social and financial factors that are important to seniors—and how these factors work together.

Author – From Surviving to Thriving: Transforming Your Caregiving Journey

Yes, compassionate caregiving for a senior family member can be a "gift", not only for your aging relative, but also for yourself. Learning to thrive, not just survive, can be a transformational experience. This book provides powerful, practical strategies to help inspire, guide, and move caregivers to change their thinking and discover the true gifts of caregiving.

Co-Author – Building the Bonds of Friendship at Midlife and Beyond

Dr. Amy teams up with her colleague, Vicki Field, a certified lifestyle coach, to help Boomers explore and enhance the art of friendship in their lives. The CD, “Building the Bonds of Friendship at Midlife and Beyond,” and the companion journal are designed to deliver a fresh perspective for the reader while presenting realistic yet simple strategies for transforming the quality of your friendships.

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