



## •Shirley Riga

- “Courageous and open-hearted”
- Author, Speaker, Workshop leader*

### **Focus:**

Caregivers need help too, and I want to help them

### **Talking points:**

- I want to help caregivers; and especially parents of chronically-ill children
- Doesn't matter the age of the child
- I was a primary caregiver for my daughter for 32 years
- Caregivers need tools to maintain their sanity and center
- More and more of us are being put into a caregiver position
- Patients have a bill of rights; caregivers have one too.

### **Contact info:**

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### **Sample interview questions:**

1. What is this book about?
2. Why did you write this book?
3. Why do you want to talk to caregivers?
4. What are 'exceptional parents'?
5. What is one of the tools?
6. Why are the tools important?
7. Are the tools useful to other types of caregivers?
8. Is this a hard book to read?

Shirley Riga has been living her spiritual path. She is a Certified Psychosynthesis Counselor and a sound healer. She created OUR CARE Support Group for parents and caregivers of chronically-ill and special needs children. As a single parent raising two daughters, she was a court reporter for 25 years. Riga is licensed to offer *Feel the Fear and Do It Anyway*® Workshops in the Boston area. The author of *Tools for the Exceptional Parent of a Chronically-Ill Child* (Strong Voices Publishing, 2016), Riga talks to groups of parents and caregivers about the process of finding empowerment through adversity. She runs the Metrowest Caregivers Support Group in Millis, MA.