Amy Goyer has more than 30 years of experience in this field. She started her career as a music therapist, activities director, and administrator in adult day services centers and nursing homes. Later, she worked for the Ohio Department of Aging, monitoring home- and community-based programs serving older Americans and leading statewide senior volunteer and intergenerational initiatives. She then joined the staff of AARP, heading up its intergenerational efforts and its program supporting grandparent caregivers. Now she is an aging and families author and consultant, specializing in caregiving, grandparenting, and multigenerational relationships and issues. A passionate champion for caregivers, she has been one her entire adult life, first for her grandparents and then for her sisters and parents. She serves as AARP’s family and caregiving expert (www.aarp.org/amygoyer), a role that includes talking to the media and live audiences, writing columns and a blog, and creating online videos (www.aarp.org/takingcare) that document her personal caregiving journey and provide actionable tips for families and caregivers.

Learn more about Amy’s work at www.amygoyer.com. Connect with her on Twitter at @amygoyer and on Facebook at AmyGoyer1.