



LINDA BURHANS

National Caregiver Advocate & Speaker

EDUCATING, ENCOURAGING, AND EMPOWERING FAMILY CAREGIVERS

About Linda

Linda Burhans is a national speaker, radio host, author, and caregiver advocate dedicated to helping family caregivers feel supported, informed, and less alone. For more than two decades, she has facilitated over 3,000 support groups, speaking engagements, and workshops for caregivers across the United States.

Through her radio show, books, conferences, workshops, and live presentations, Linda shares practical resources, real-life caregiving lessons, humor, and encouragement. Known as "The Gal Who Cares for Caregivers with Love, Laughter and Lessons Learned," Linda brings warmth, energy, and hard-earned wisdom to every audience she serves.

Why Book Linda

Linda helps caregivers feel seen, supported, and equipped with practical tools they can use immediately. Her presentations blend expert guidance, heartfelt storytelling, humor, and audience connection, creating an atmosphere where caregivers feel understood rather than alone.



Speaker Highlights

- Regular Fox News Guest
- Host, Tips for Caregivers Radio
- Founder, Connecting Caregivers Conference
- YouTube Creator & Caregiving Educator
- Author of *Good Night and God Bless* and *Connecting Caregivers*
- 3,000+ caregiver support groups, workshops & presentations

Perfect For

- Senior Living Communities
- Memory Care
- Healthcare Organizations
- Support Groups
- Conferences
- Hospitals
- Faith Communities
- Workplace Wellness Programs

Book Linda for
Keynotes • Workshops
Conferences

 LindaBurhans@aol.com
 LindaBurhans.com

View Speaker
Information



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Featured Presentations

Finding Joy in the Journey

Caregiving is demanding, but it can still hold moments of meaning and joy. Linda shares practical strategies that help caregivers reduce daily stress, reconnect with what matters most, and find hope through education, compassion, and community.

Audience Takeaways

- Reduce feelings of isolation
- Discover practical coping strategies
- Find joy, even during difficult seasons

How to Accept and Receive Help

Many caregivers say, "I'm fine," even when they're exhausted. Linda helps caregivers overcome guilt, ask for support with confidence, and recognize that accepting help is part of sustainable caregiving, not a sign of weakness.

Audience Takeaways

- Learn how to ask for help
- Build a stronger support system
- Reduce caregiver burnout

Additional topics available and customized for your audience.

What Event Hosts & Attendees Are Saying

"I've heard Linda speak before and always learn something new. This was the first time I made a friend because of the atmosphere she created."

— Arden Courts event attendee

"Linda does an amazing job of supporting caregivers and has an uncanny ability to connect instantly with everyone she meets. She gives presentations and workshops devoted to supporting the well-being of those caring for loved ones."

— Keith Serra

Selected Organizations & Media



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Speaker Info**

