

“Living Everyday to ENJOY LIFE”

Elite Cruises & Vacations LLC
Dementia Friendly- Elite Supported
Travel



Agenda

- Who We Are
- What We Do -- Why we do this
- Where We Have Been
- Where Are We Going Next
- Clients Who Become Family
- Wrap Up

Who We Are

Company Overview

- Founded in 2005 as a full-service travel agency with the powerful backing of Cruise Planners
- Owned and operated with sincere passion to help people enjoy their lives!
- Nationwide Clientele
- Our focus includes: safe travel opportunities for clients with a cognitive or mobility challenge and their loved ones. This includes accessible travel, group travel, and multi-generational adventures.

Kathy M. Shoaf Speer, R.N., B.S.N., A.T.P.

- Owner of Elite Cruises & Vacations, LLC
- Registered Nurse
- Certified Accessible Travel Specialist & Adaptive Technology Professional
- Fellow at the American College of Healthcare Trustees, Certified Dementia Educator; an Athena Nominated Senior Care Advocate, and an American Express Travel Agency Award winner

Creating Smiles!

We Celebrate Everything

- Teaching Care Techniques to our caregivers is one of my greatest JOYS
- Music therapy was just the trick for this overstressed husband



*Celebrate every
special moment*

What We Do

Finding Our Niche

Living Every Day to Enjoy Life!

- We have 20+ years of clinical and management experience in geriatric, neurology, rehabilitation and senior housing.
- We specialize in group, multi-generational and educational travel. Our group travel events have focused on specific diagnoses such as dementia/Alzheimer's, Parkinson's, MS, diabetes, and several more. We also have custom cruise and conference group events that focus around individual senior housing companies, fitness educators, CEU education and home health conglomerates.
- **Our passion is to deliver travel opportunities so that everyone can enjoy their life; even when accessibility challenges and clinical issues exist.** All seniors, and those afflicted with limiting diagnosis, still deserve to enjoy every day that God gives us.

Life is not OVER...

A diagnosis is not the END of LIVING

- We seek experiences that Enrich life, not discourage it



Elite Supportive Travel Is All About ...

- R.N. Supported
- Dementia-Trained Professionals On-Board 1: 4 professionals to travelers
- Optional Group Shore Excursions Escorted by Staff Members
- Pre-Cruise Group Hotel with Staff “Meet & Greet” at the airport
- Group Seating at Evening Meal
- Daily Caregiver Respite Sessions
- Interactive educational workshop sessions with keynote speakers
- Caregiver Circles
- Custom Private Events Geared towards Our Group
- Our Clients can be Accompanied by Family/Personal Caregiver or a Caregiver from a Facility of Your Choosing
- Accessible Accommodations and Mobility Assistance, Just Ask for What You Need!
- Private Duty Care Provided for Additional Fee

Informational/Interactive Conference

Conference Topics Include: NEUROPLASTICITY

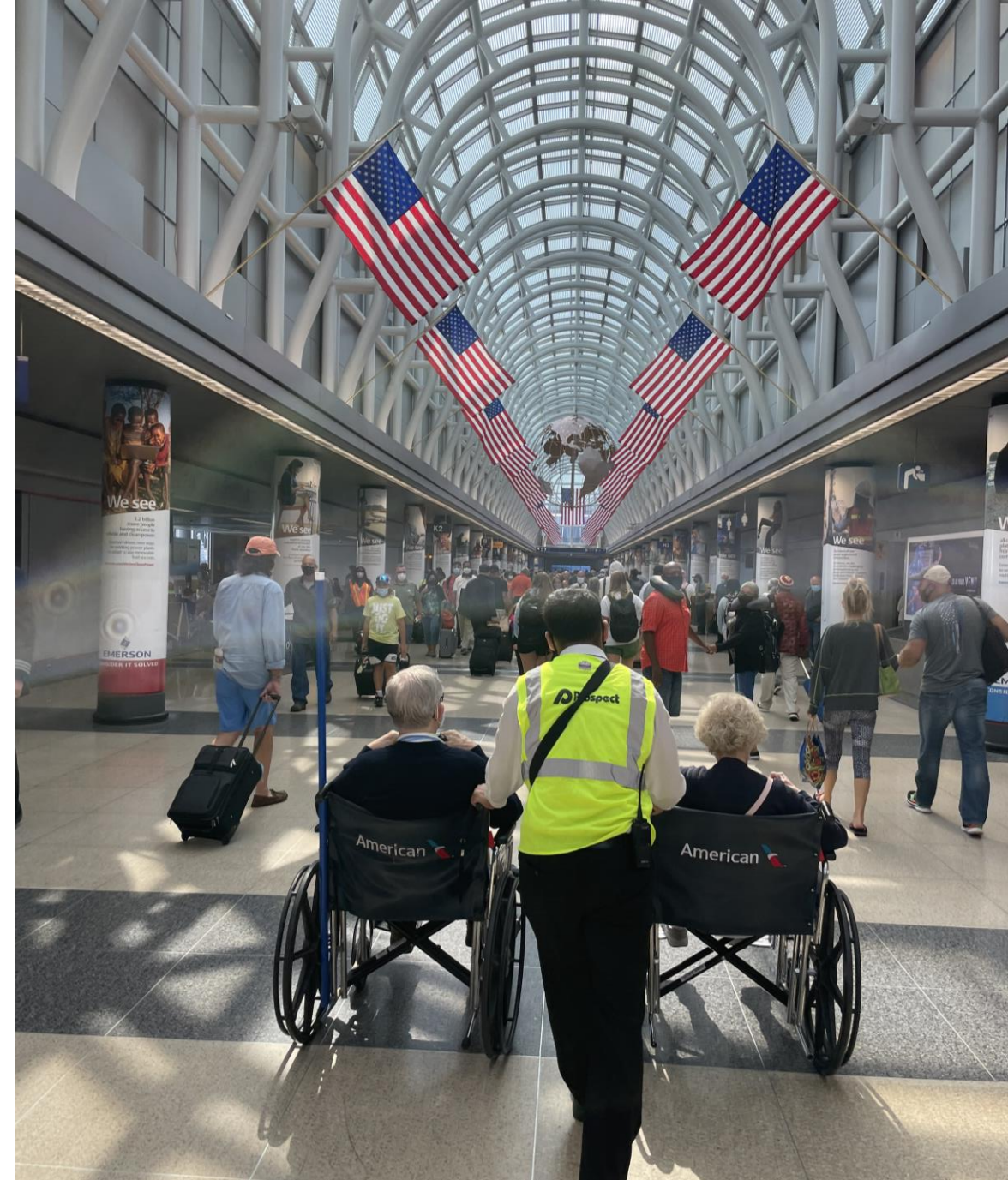
- Living Well with Dementia
- Diabetes and a Great Life
- Mobility Safety: Live Safe, Be Safe
- Capture Life's Memories Through Pictures
- Overcoming the Obstacles to Keep Going
- Caregiving 101: Asking For Help

As Well As ...

- Music and Art therapy Sessions
- Daily Activity Agenda from Holland America
- Senior-Friendly Activities and Social Events

- Accompanied with luggage assist back to the group hotel

Meet and Great at the airport





Caregiver Respite/ Adult Day Sessions

Hosted daily for 2 Hours. Caring for the caregiver is **essential**. Take time to relax and refresh.



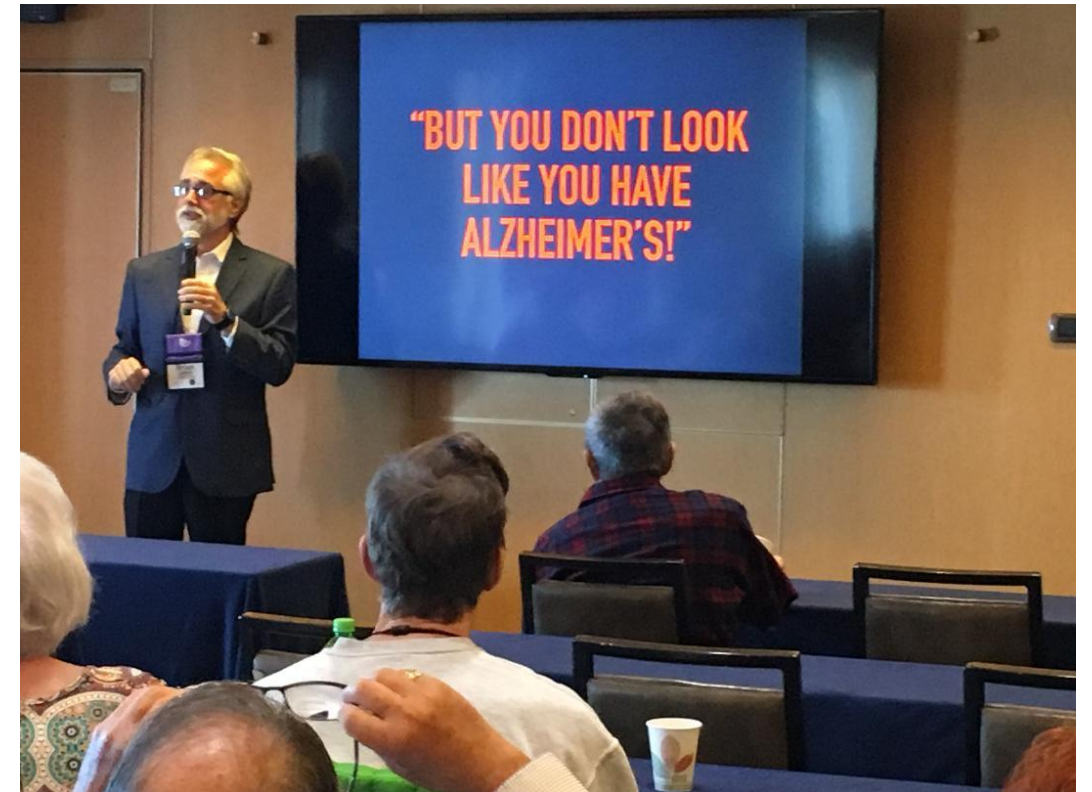
Adult Daycare Sessions

Person Centered

- Caregivers will NOT relax unless they are 100% CONFIDENT in the care and personnel caring for their loved one.



Interactive workshop Programming



Edu sessions in awesome locations

Learning does NOT have to be in a classroom

- Caregivers will learn from each other if they have the opportunity
- Non-restricted or inhibited
- New and unique ideas that they have found success with



Nightly Group Dining

Dine in a lovely setting with new friends while sharing conversations and creating memories!



Dining is special

Assist is available for wheelchair transfer

- Numerous dining venues available



Group Excursions

Approximately 2.5 hours long that are easy-to-moderate activity levels and will always be staff accompanied.



Some private time is Perfect

Staff assist available when and where needed

- FUN is the primary goal
- Enjoy Life Together



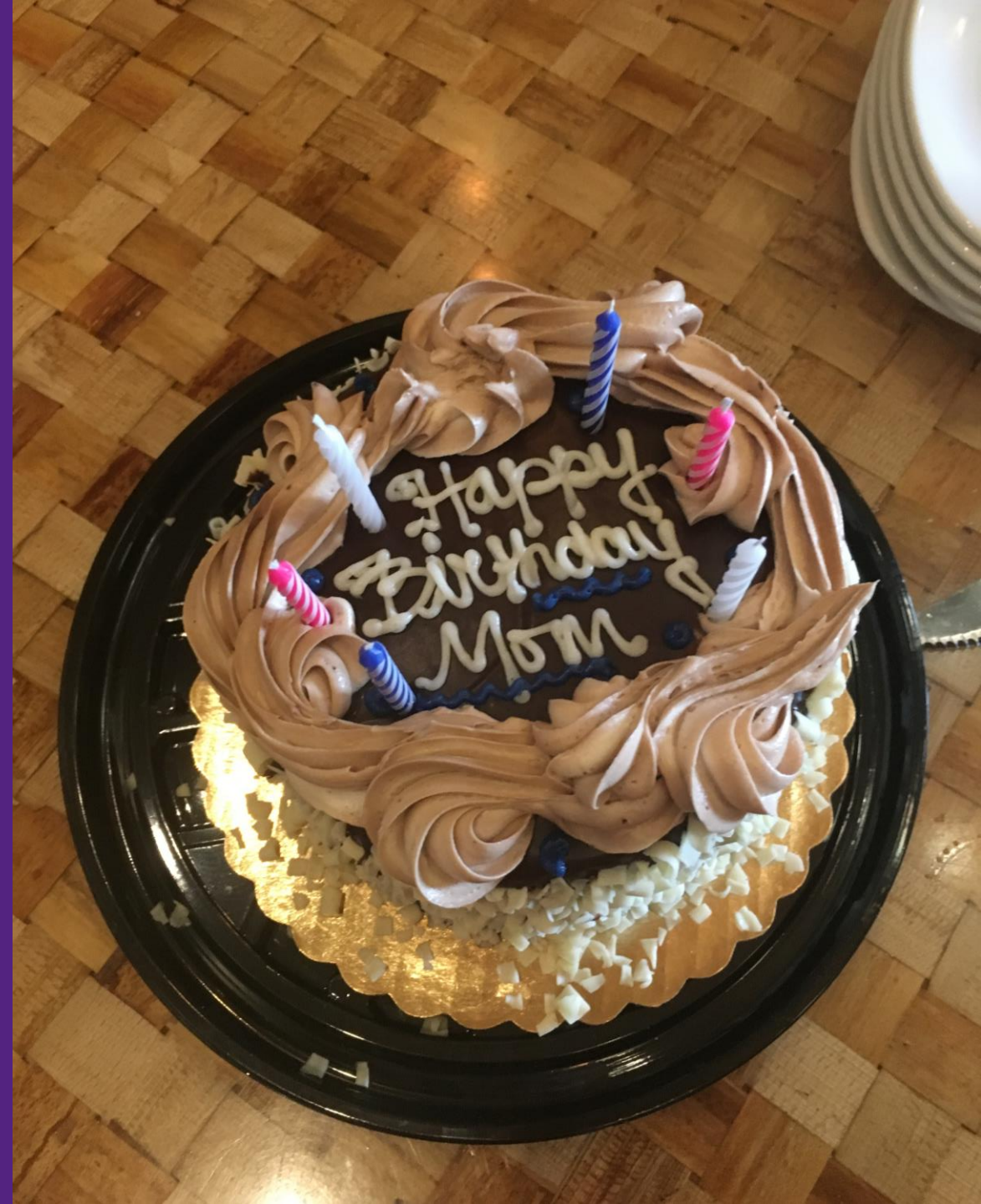
We Celebrate, Everything!



Celebrations take on Special Meaning

The JOY is there... Even with a diagnosis

- Plan to be Happy
- Plan to Engage
- Try something NEW



Celebrations are a piece of Caregiver Wellness

Focused on Brain Health

- Neuroplasticity — Meditation and JOY
- Try- Taste something New this is the perfect opportunity



Where Are We Going Next?

Alaska Sea and LAND

**Elite Senior
Supported
cruise**

Caribbean Family Cruise

Making memories that will last a life time

- Multi-generational adventures



ALASKA JULY 2023

Round trip from Seattle, WA

On Holland America

Just a bit of support

Assist to decrease fall risk

- Luggage assist
- Escort when appropriate
- Decrease stress





We create perfect moments for our clients and life long memories for their loved ones.

Sled dogs- joy for everyone

Play and have FUN

In each port of call we create excursion options that can be accompanied by my staff of professionals.



Glacier Bay Alaska

DO NOT miss out on the amazing opportunities

- WE are READY to have the adventure of a lifetime



East Coast- Fall Foliage Cruise

New England and Canada

- Amazing views, Lobster bake, relaxing tours, peaceful joy



Panama Canal and Southern Caribbean

- See and TOUCH the Panama Canal, Costa Rica, and Holland America's Private Island

ELITE CRUISES AND VACATIONS

CARE GIVER
RETREAT
DEMENTIA-
FRIENDLY
CRUISE TO
THE
PANAMA
CANAL

Special Value Pricing from Holland America
www.EliteCruisesAndVacationsTravel.com



Panama Canal

History and amazing experiences

- 11 days
- Rest
- Relax
- Spa days
- Wine tasting
- Daily respite sessions



Aruba

Magnificent

- Southern Caribbean
11 days cruise



Holland America's Private Island

Half Moon Cay

- No one is left out



No matter the Destination:

Everyone gets to GO

- Mobility equipment ordered and delivered to the group hotel or the ship



We are ALL in the same BOAT

Learn, Experience, support

- Everyone gets to ENJOY
- Caregiver circles create ideas and helpful friendships that give us all NEW ideas and solutions
- Statistics show that 60% of Caregivers Die Before their loved one.



Caregiver NEED a BREAK

Not just a Luxury

- Caregivers MUST relax, sleep and rest
- Sleep deprivation increases Blood Pressure, heart rate, and stomach acidity





Moments to share
that will never be
forgotten.

Music, can be a
wonderful therapy



Caregivers
frequently feel
guilty for “Taking
Time OFF”

It is Mandatory

Elite Cruises And Vacations LLC

Business Focus

- 1. Create Amazing Life Long Memories
- 2. Create a Caregiver Respite opportunity to allow caregivers to REST, re-set, and re-generate
- 3. Position caregiver to obtain useful, and helpful information for the journey ahead
- 4. Connect caregivers to each other- in simply a week - lifelong friendships can develop



We will find solutions so everyone can travel!

100% Accessible
Scooters, Transport Chairs,
O2 Tanks, you name it!

Private duty R.N. assistance
available upon request for a
minimal hourly fee.

Mobility equipment

In the cabin, on the ship and on shore

- NO limits



Clients Who Become Family

Beautiful Families ... Beautiful Stories ... Our Lives are Forever Changed.



**Our clients make our
lives... very special**



The renewed spirit, after respite.

Caregiver respite, 2 hours every
day.

In 2025 we will have cruise events
specifically for caregiver recovery



We have amazing memories.



Amazing Lifelong memories

Relaxation

- Rest
- Time to Reset
- 2 hours every day we create a caregiver respite



Our clients
become...family



The goal is:

Happiness

- Amazing memories for the caregiver
- Moments of JOY for our loves ones with a challenge



**Moments that are not
planned, but
make your heart skip a
beat**



Our families have
memories that last
Forever.



Question & Answer

Our Goal

Create opportunities to have memories that will last a lifetime

REST-RELAXATION- Regroup

This caregiving GIG is NOT for the faint of HEART

STRSS Fatigue anxiety – lead to physical challenges

- 1. Interacting with each other we will ALL learn to create solutions
- 2. Fun and activities that are out -of –the –box
- 3. Neuroplasticity **new** sight, smell, taste, touch and hear

Caregiver Respite is required for good health...

I am your Poster Child

- Learn from each other
- Neuroplasticity will open new Neuro pathways and increase cognitive awareness

Let's Have FUN

Relax, Rest, Engage, and seek adventure

- 1. Wine Tastings
- 2. Spa Days
- 3. Caregiver Circles
- 4. New Neuroplasticity experiences
- 5. We are here to make this adventure AMAZING... on YOUR terms



Thank You!

Questions?

Please contact

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