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As the result of a life-changing, 14-year dementia care experience, Karen founded the Long Term Care Planning Network, Canada's leading resource centre for ageing, eldercare, and long-term care planning and education. Her seminar series, website, and print/electronic tools are recognized as key long-term care educational resources for Canadian families. For over 25 years, Karen has been a well-known speaker, educator, writer, and consultant in the fields of aging and long-term care planning. She has sat on many not-for-profit/government committees concerned with aging, Alzheimer's disease, elder abuse, and end-of-life care. She has written articles for Health Canada, the Alzheimer Society, and the Government of Ontario, among many other organizations. She has delivered hundreds of educational sessions and webinars across Canada and has been featured on television, radio, and in Canada's major newspapers. Karen is a Certified Professional Consultant on Aging (CPCA).