

# Health and Wellness Consultant Peter Mangiola Releases Free Caregiver 911 Audit Online

*Peter Mangiola, RN, MSN, is a seasoned elder care expert. To help senior caregivers overcome the stresses of their job, he is offering a free caregiver audit.*

MEDFORD, NJ, USA, March 3, 2015 /EINPresswire.com/ -- Peter Mangiola, RN, MSN, [www.petermangiola.com](http://www.petermangiola.com), a recognized senior health and wellness professional with over a three decades of experience in the health care field, has released a free caregiver audit on his website in conjunction with the release of his new book [The 7 Causes of Caregiver Guilt](#).

Peter Mangiola developed the Caregiver 911 audit in collaboration with Ellen Messer an organizational consultant with degrees in nursing and psychology.

For his entire adult life, Mangiola has been committed to caring for others, particularly the most vulnerable in our society. For several years, he owned and operated two well-known in-home senior care agencies in New Jersey.

Mangiola recently sold these agencies to head up One-to-One Lifecare Inc., a health and wellness advocacy firm focused on helping consumers maximize their health care options and match them with the resources needed to live the highest possible quality of life.

As a health and wellness consultant, Mangiola helps clients deal effectively with cognitive, behavioral, emotional and physical issues, including:

- Early to Advanced Stage Alzheimer's Disease
- Child and Adult ADHD
- Children with Learning Disabilities (dyslexia, autism, Asperger's, etc.)
- Developmentally Disabled Adults
- Diabetes
- Obesity



- Much more...

Mangiola's eBook and accompanying online caregiver audit are a response to what he believes to be a silent crisis in America; caregiver burnout.

"Between those who do it professionally and those taking care of aging loved ones, there are roughly 62 million caregivers in America today," Mangiola says. "And this number will no doubt grow significantly in the future as the Baby Boomers enter full retirement. Caregivers by nature are centered on the needs of others, and many have been thrust into this role without any preparation on how to deal with the stresses involved. This leads to an overwhelming number of caregivers experiencing guilt over not performing up to their expectations and/or the expectations of those in their care. The purpose of my eBook and audit is to help caregivers overcome the guilt that often accompanies the role they now serve."

The Caregiver 911 audit is a first step for caregivers to show them first of all that they are not alone, and to identify specific feelings they have on a regular basis that are contributing to their guilt and making their job more stressful.

"The first step in overcoming caregiver guilt is to identify what feelings are causing the guilt in the first place," Mangiola continues. "This is why my caregiver audit tool was created and why I'm making it available free of charge – I want caregivers to understand that guilt is a common reaction to the stress they are under in the job they are in. I also want to give them the tools necessary to provide better care with lower stress, and at the same time build stronger relationships with those they are caring for."

For access to your free Caregiver 911 audit and to download the first chapter of Mangiola's new ebook *The 7 Causes of Caregiver Guilt*, go to <http://www.petermangiola.com/>

#### About Peter Mangiola RN MSN

Peter Mangiola R.N. MSN has over 25 years of experience in the medical field, working in a wide variety of key positions. For the past several years, he owned and operated two New Jersey senior care agencies. Peter recently sold his agencies to become a health and wellness advocate. He now focuses on helping consumers take advantage of the resources needed to stay as healthy as possible. Peter has been a regular speaker for many groups and organizations over the years covering a wide range of topics. He has also been a consultant, speaker, and educator in areas such as Dementia, Alzheimer's, cognitive/behavioral issues, disabled children & adults and obesity counseling. Peter Mangiola received his Nursing and MSN degrees in Nursing and Administration from the University of Pennsylvania (School of Nursing). He has since served in Emergency, Recovery, Cardiac Care, and Electrophysiology departments, as well as three years as an Oncology Director and eight years as Charge Nurse for a cardiovascular nursing unit.

#### About Ellen Messer

Ellen Messer is an independent consultant specializing in business process facilitation. Her expertise in designing and facilitating customized experiential learning and coaching assists businesses and organizations to achieve their objectives. As the President of The Samson Group, she directed a virtual work team originally created to consult with Xerox Business Services to develop and facilitate their organization wide cultural change strategy, WorkLife Learning. As a facilitator of Business Communications, Diversity Awareness and Inclusion, Cultural Competence and Preventing Sexual Harassment, Ellen has worked with private businesses, government clients, schools and healthcare organizations. Amtrak, Southern California Edison, The Longshore Workers and Pacific Maritime, and Midwest Express Airlines, are among the clients she has coached in diversity and EEO awareness to tap the resources that pluralism brings to the workplace and meet legal compliance. Ellen Messer received a BS, Psychology / Nursing from Adelphi University. Her website is [www.peopleworkingconsultants.com](http://www.peopleworkingconsultants.com).

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