

KEYNOTES | WORKSHOPS | LUNCH-AND-LEARNS | WEBINARS

Debbie DeMoss Compton

Certified Caregiver Consultant and Advocate (CCC, CCA)
International Bestselling, Award-Winning Author | Founder & CEO, The Purple Vine

Reduce stress. Block burnout. Laugh again.

ABOUT DEBBIE

Debbie is a nationally recognized caregiver advocate and speaker who brings professional expertise, lived experience, practical strategies and a healthy dose of humor to every audience. A three-time primary caregiver, she spent 21 years navigating her mother's vascular dementia, cared for her father through Parkinson's disease, and welcomed her mother-in-law, who had Alzheimer's, into her own home.

Her talks are interactive, honest and full of laughter. Audiences leave with simple tools they can use the same day to reduce stress, protect their well-being and support the people around them.

CREDENTIALS

- **CCC, CCA:** Certified Caregiver Consultant and Advocate
- **Alzheimer's Association** Community Educator since 2017
- Volunteer, **Oklahoma Healthy Brain Initiative**
- **15 books;** lead author of *The Caregiver's Advocate*, with all three volumes international bestsellers and award-winning
- Recognized by **Influential Women** (2026); **International Impact Leader,** CIOViews (2025)

SIGNATURE TOPICS

Five-Minute Stress Reducers Quick, practical habits anyone can use at a desk, between meetings or at home. A crowd favorite.	**Block Burnout & Laugh Again** How to spot burnout early, protect your energy and bring joy back into hard seasons.
Caregiver Empowerment For employees caring for a loved one, and for the managers and colleagues who support them.	**Managing Anxiety and Stress** Everyday tools for staying steady when life and work pile up.
Improving Your Memory Practical ways to support memory and brain health at any age.	**Managing Grief** Healthy ways to carry loss, and how to support a grieving colleague or friend.
Dementia vs. Normal Aging The basics of Alzheimer's and dementia, and how to tell them from normal aging.	**Eliminating Limiting Beliefs** Letting go of the thoughts that hold you back, at work and at home.

WHAT AUDIENCES SAY

"Her talks are always interactive and everyone is very interested. All eyes are on Debbie the whole time!"
Michelle Robbins, Lifestyle Director, Lyndale Edmond Senior Living

"Debbie always draws a big crowd. Our members love her and they always ask for her to come back."
Elaine Fellers, Program Coordinator, Edmond Senior Center

Featured on Alzheimer's Speaks Radio, Foresight Radio Podcast, 50plus Today, the willGather Podcast and many other podcasts, radio shows and magazines.

BOOK A SESSION

Bring Debbie to your team, conference or event.

Formats: keynote, workshop, lunch-and-learn, panel or webinar, in person or by Zoom. Sessions are tailored to your audience. Email Deb@thepurplevine.com to check availability.