

Erin** Copelan

Speaker | Best Selling Author
Caregiving Support Specialist



SOFTENING THE CAREGIVING JOURNEY

Erin Copelan is a Caregiving Support Specialist, speaker, and best-selling author of *Welcome to Caregiving: The Things Caregivers Never Talk About*. With more than fifteen years as the sole caregiver for her husband, Jerry, Erin has lived alongside cancer, a liver transplant complicated by rare medical conditions, and the repeated return of disease. That long, layered journey shapes the grounded, compassionate voice she brings to her speaking and writing. (In 2026, Erin and her husband will be celebrating his 10-year transplant anniversary!)

Known for her honest and often humorous storytelling, Erin speaks about caregiving, burnout, and emotional resilience in a way that is grounded, relatable, and deeply human. Her work helps audiences feel seen and genuinely connected, especially those quietly carrying the weight of caregiving without acknowledgment or support.



ABOUT THE BOOK



Welcome to Caregiving: The Things Caregivers Never Talk About is Erin's best-selling, deeply human look at the caregiving experience that makes you laugh on one page and cry on the next. Drawn from her lived experience as her husband's sole caregiver during his liver transplant journey, the book gives voice to the emotional, relational, and practical realities caregivers are rarely prepared for (and never talk about).

Rather than offering prescriptive advice (Erin's book is not a how-to guide), *Welcome to Caregiving* serves as both validation and companion. Erin often describes it as "*the you're not alone book*."

Erin's speaking work builds directly on the themes of the book, translating its honesty and storytelling into conversations that resonate with caregivers and the professionals who support them.



AUDIENCES WALK AWAY WITH

- * A sense of being seen, validated, and less alone
- * A deeper understanding of the caregiving experience
- * Permission to hold complex emotions without judgment
- * A renewed capacity for compassion that is sustainable and not self-sacrificing



SIGNATURE THEMES

- Caregiving & Family Caregiving
- Caregiver Burnout & Emotional Depletion
- Presence & Emotional Awareness
- Understanding Different Caregiving Styles
- Supporting Caregivers within Healthcare Systems
- Sustainable Compassion for Long-Term Care

"Perfect blend of useful information and storytelling."

"Phenomenal presentation and such an important perspective."



SPEAKING & PROFESSIONAL EXPERIENCE

- Best Selling Author *Welcome to Caregiving*
- UNOS Ambassador
- Invited Speaker: Society for Transplant Social Workers - National Convention
- Speaker for professional and community audiences including caregiver support groups, American Holistic Nurses Association, and Georgia Council of Nephrology Social Workers



Based in South Florida | Available for in-person and virtual engagements, podcast conversations, and guest writing.

CONTACT

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