

BIO

ANN WHEAT, DIRECTOR FAMILY CAREGIVER SERVICES

Duet’s Director of Family Caregiver Services, Ann Wheat, began her assignment on December 1,2015. Ann served as a member of Duet’s board from 1999 – 2005. Her career spans public and nonprofit sectors, with a focus on improving the quality of life for our community’s underserved members including people with disabilities, vulnerable youth, childhood cancer patients and their families, and refugees.  She retired in 2014 from the City of Phoenix where she most recently served as Acting Deputy Director.  Part of her work over the years included establishing adaptive recreation opportunities for people with disabilities including the first accessible whitewater raft trips in Grand Canyon.  As a volunteer she founded one of the first summer camps in the nation for children with cancer, Arizona Camp Sunrise, and in 2002, AZ Lost Boys Center, a nonprofit helping Phoenix’s 500 Sudanese refugee war orphans transition to life in a modern society. She received Arizona’s top volunteer award, the Hon Kachina in 2012 and the Martin Luther King Junior Living the Dream Award in 2002.

As Director of Caregiver Services, Ann provides support to family caregivers throughout their caregiving journey through a number of free-of-charge services including:

* Support groups throughout the Phoenix metro area
* Personalized information and guidance
* Opportunities to learn new caregiving techniques
* Workshops and retreats
* *Finding Meaning and Hope*, a video discussion series for family caregivers based on “Loving Someone Who has Dementia: How to Find Hope While Coping With Stress and Grief,” by Pauline Boss, PhD

**For more information on Duet’s services please visit Duet’s website at** [**www.duetaz.org**](http://www.duetaz.org)

**or call (602) 274-5022**