



Laura Smothers-Chu, CSA, CDP

CONTRIBUTOR

Laura Smothers-Chu is the CEO & Founder of Befriended Heart. Here, she helps long-distance daughters navigate their parents' dementia. Laura is a Certified Senior Advisor and a Certified Dementia Practitioner. With over 10 years of experience in health care, Laura's been a featured speaker in caregiving summits, and she also hosts a YouTube channel called Joy in Dementia. She lives in Washington DC with her husband, and a rescue dog and cat who cuddle together.

Find Laura on Instagram [@joyindementia](#)

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