

Caregiving 101 Tips
Autonomy & Self-Esteem
Part Two – Dependency

The most obvious dependency in the caregiving relationship is that of the care recipient. He or she depends on the caregiver for many things—in some cases these are relatively simple things like paying bills; in other cases these are daily caregiving chores, like meals and bathing.

Ironically, however, the caregiver may also become dependent on the care recipient. As a caregiver, you may begin to understand yourself only in terms of your relationship with the care recipient, and thus begin to lose a sense of yourself as an independent person.

More information on this topic is in our web site: <http://www.lcsnw.org/library.html>.

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