

## *Caregiving 101 Tips*

### *Spouses and Care: Gendered Dynamics*

When it is a man who needs care, often his wife will provide it—even if she herself is becoming frail. Research has shown that in families where a caregiver is needed, the role typically falls to a woman. When a woman is the one who needs care, it can be a potentially distressing situation for both her and her spouse. Seek help from social workers, therapists or home care aides who are skilled in working through the dynamics of gender and caregiving. Hiring help from outside the home can alleviate some of the stress on a spouse who is not used to being in the caregiving role.

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

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