

## *Caregiving 101 Tips* *Four Stages of Caregiving*

There are four stages of caregiving that all caregivers go through. Look for yourself in these stages: Where are you now? What are the best things to do for yourself and your care recipient? Where will you be?

1. Anticipatory Caregiver
2. Freshman Caregiver
3. Caregiver in Loss
4. Entrenched Caregiver

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

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