

Caregiving 101 Tips

Four Stages of Caregiving - Stage 1

ANTICIPATORY CAREGIVER – In this category, you see the possibility of becoming a caregiver within the next 12 to 18 months. You watch as an elderly relative's health begins to fail, and you know that you will become at least one of the caregivers. The best thing you can do for yourself and your care recipient at this stage is to gather information. Find out about his or her financial status, health status and any important legal documents. Also spend time in this stage researching information about community services, health programs and safetyproofing the home.

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

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