

# *Caregiving 101 Tips*

## *Four Stages of Caregiving - Stage 2*

**FRESHMAN CAREGIVER** – As a Freshman Caregiver, you will have been a caregiver for only about 6 to 18 months. In this stage you will most likely be realizing the immensity of the caregiving tasks that you face now and in the future, and you will begin looking to others for assistance. As with Stage I, one of the best things that you can do at this stage is to research what kind of help you will be able to find. Will you be able to hire help? What kind of help is typically needed for someone with this particular illness or situation? Be sure to involve the care recipient in decisions regarding his or her care, and also communicate clearly and regularly with other family members.

*More information on this topic is posted in our Resource Library:  
<http://www.lcsnw.org>.*

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