

## ***Caregiving 101 Tips*** ***Four Stages of Caregiving - Stage 3***

**ENTRENCHED CAREGIVER** – At this stage, you have been giving care for a long time, and you may be exhausted. You might be so tired that you are compromising the care you're giving—and you may also not be taking adequate care of yourself or your own immediate family. Because you may feel guilty about your anger and even your exhaustion, you tend to suppress your emotions. Find alternatives to being the primary caregiver—perhaps day care or other respite care is a viable option. Make sure that you take good care of yourself as well: eat right, exercise and explore therapy options to get yourself back on track.

*More information on this topic is posted in our Resource Library:*

*<http://www.lcsnw.org/library.html>.*

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***Tacoma (253) 272-8433 • Bremerton (360) 377-5511***