Caregiving 101 Tips
Four Stages of Caregiving - Stage 4

CAREGIVER IN LOSS – In this, the final stage, you have come to an end of the cycle of caregiving as you have known it; perhaps you have put your care recipient in a nursing home, or perhaps he or she has died. You will be experiencing grief in your loss, both of the care recipient and of your own role as caregiver. Nonetheless, your life must go forward. Care for yourself now. See a counselor, join a support group, honor and remember your care recipient and reflect on yourself and your life. This period of grief is completely natural, and it is also a natural progression from the many months or years that you have been a caregiver.

More information on this topic is posted in our Resource Library: http://www.lcsnw.org/library.html.

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