The Caregiving Years Tip Sheet

Your Steadies

1. THE EXPECTANT CAREGIVER
   Your Challenge: To learn and understand your caree’s needs: health, financial and emotional

   Your Steadies:
   ● Information now is power later.
   ● Work within your obstacles, but don’t give up.
   ● The more clearly you see now, the better you handle the future.
   ● Simplicity is your friend.

2. THE FRESHMAN CAREGIVER
   Your Challenge: To discover solutions that work

   Your Steadies:
   ● Ask for clarification from health care professionals about benefits and coverage.
   ● Value your caree’s insights.
   ● Balance the scales: When taking away, give back.
   ● Consider: Where will your caree be safest?

3. THE ENTRANCED CAREGIVER
   Your Challenge: To find the support and strength to continue

   Your Steadies:
   ● You are the best caregiver, but not the only one.
   ● Discuss your concerns, your stresses, your burdens.
   ● You are doing your best, and that's good enough.

4. THE PRAGMATIC CAREGIVER
   Your Challenge: To gain a greater understanding of yourself and your caree

   Your Steadies:
   ● Let forgiveness live.
   ● Find common ground with your caree.
   ● What can you learn from your caree for your life’s next phase?

5. THE TRANSITIONING CAREGIVER
   Your Challenge: To walk with your caree during his last months and weeks; to begin the transition into a new life

   Your Steadies:
   ● Being is doing enough.
   ● Leave room for grief in your day.
   ● Find new areas of support.
   ● What changes are needed to begin the next chapter?

6. THE GODSPEED CAREGIVER
   Your Challenge: To integrate your former role as a caregiver into your new life

   Your Steady:
   ● Review your journals and diaries and then ask: How am I different today?
   ● Treasure your memories.
   ● Live your life with your purpose and passion.