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## Caregiving Tips & Support

By David Bull - [www.caregiver4caregivers.com](http://www.caregiver4caregivers.com)

As a family caregiver, you may find yourself facing a host of new responsibilities, many of which are unfamiliar or intimidating. At times, you may feel overwhelmed and alone. But despite its challenges, caregiving can also be rewarding. And there are a lot of things you can do to make the caregiving process easier for both you and your loved one. These tips can help you get the support you need while caring for someone you love.

Our website [www.caregiver4caregivers.com](http://www.caregiver4caregivers.com) provides a section for coping tips and/or suggestions on specific topics that MAY help you find a solution to address a specific day-to-day issue.

**REALITY** is ..... Providing care for a family member in need is an age-old act of kindness, love, and loyalty. If you're like most family caregivers, you aren't trained for the responsibilities you now face. And you probably never anticipated you'd be in this situation. You may not even live very close to your loved one. At the same time, you love your family member and want to provide the best care you can. The good news is that you don't have to be a nursing expert, a superhero, or a saint in order to be a good caregiver. With the right help and support, you can be a good caregiver without having to sacrifice yourself in the process.

Even if you're the primary family caregiver, you can't do everything on your own, Especially if you're caregiving from a distance (more than an hour's drive from your family member). You'll need help from friends, siblings, and other family members, as well as health professionals. If you don't get the support you need, you'll quickly burn out—which will compromise your ability to provide care.

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