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issues for both the caregiver and the care recipient. The 6 Stages of a Caregiver's Journey - Brazos Life At the same time, the ability of your loved one to show appreciation for all your hard work will diminish.

Caregiving can literally seem like a thankless task. For many, though, a caregiver's journey includes not only challenges, but also many rich, life-affirming rewards. Challenges of Alzheimer's care: Tips for Alzheimer's and Dementia

Caregivers - HelpGuide.org Being able to share your journey with those who can relate to the emotions you're experiencing as a former caregiver in grief, can be a powerful healing tool.

Reinvigorating Your Physical Self after Caregiving Ends Physical care is a crucial component in

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