

CAREGIVING



1

Caregivers are those who help another person with their daily activities and/or medical tasks.

2

Caregivers assist with tasks like housekeeping, transportation, giving medications, feeding, dressing, grooming, and/or others.

3

Caregivers often spend more time caring for another than they do for themselves.

4

Caregivers have higher rates of chronic stress, depression, and other chronic conditions.

5

Powerful Tools for Caregivers is a proven program to help caregivers cope and take care of themselves.



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