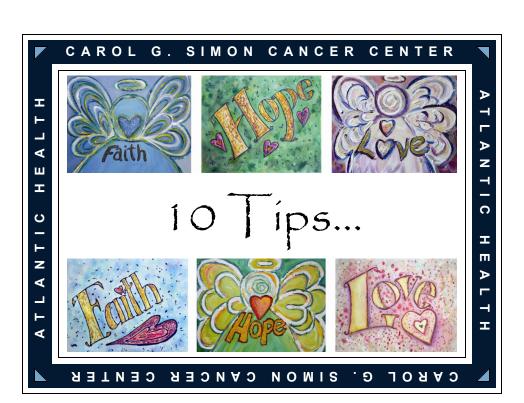




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Leo Buscaglia





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the potential to turn a life around.



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if you are caring for a loved one

I Caregiving is a job and respite is your earned right. Take time for yourself and don't feel guilty about it. Reward yourself with respite breaks often.
2 Watch out for signs of depression, and don't delay in getting professional help when you need it.
3 When people offer to help, accept the offer and suggest specific things that they can do.
4 Educate yourself about your loved one's condition and be a partner in healthcare decisions. Attend medical appointments and don't be afraid to ask questions.
5 There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.
6 Trust your instincts. Most of the time they'll lead you in the right direction.
7 Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.
8 Grieve for your losses, and then allow yourself to dream new dreams.
9 Seek support from other caregivers. There is great strength in knowing you are not alone.
In Stand up for your rights as a caregiver and a citizen

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