

My Caregiver

JOURNAL

As a caregiver for individuals in foster care, people rely on your strength, understanding, knowledge and dependability. But mostly, they count on your care. This journal will give you valuable tips and a place to record vital information, as well as space to write down your feelings and concerns.



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DISCLAIMER: This book provides general information about caregiving and related issues. The information does not constitute medical advice and is not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting with a licensed health professional. Consult with a qualified physician or healthcare practitioner to discuss specific individual issues or health needs **and to professionally address personal medical concerns.**

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The power to care.

Caring for someone is rarely easy. The balance between taking care of a child's health, safety and emotions can be overwhelming. This workbook will give you some tools and resources to help you look after children placed in your care.

One key to remember is that when providing care, YOUR well-being should be top of mind. With your health, safety and emotions in check, you'll be better prepared to care for another. So, take care of yourself, give of yourself and define yourself with the power to care.

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Health Plan Information

This is your workbook. Use it as a guide and resource for your general caregiving routine.

Make the workbook your own by filling out this info.



Primary Health Insurance Provider for My Child:

Health Plan: _____

Member Number: _____

Group Plan Number: _____

Member Services Number: _____

Care Manager/Service Coordinator Name:

Care Manager/Service Coordinator Phone Number:

24/7 Nurse Advice Line Phone Number:

My Child's Information



Date of Birth: _____

Primary Care Doctor: _____

Primary Care Doctor's Phone: _____

Specialist Doctor: _____

Specialist's Phone: _____

Specialist Doctor: _____

Specialist's Phone: _____

Respite Care Provider: _____

Respite Care Provider Phone: _____

Pharmacy Name: _____

Pharmacy Phone: _____

Non-emergent Medical Transportation Name: _____

Non-emergent Medical Transportation Phone: _____

Emergency Contact Name & Phone: _____

Secondary Emergency Contact: _____

Guardian Ad Litem: _____

CASA: _____

Judge: _____

Employer (if applicable to child): _____

Employer Phone: _____

The Basics of Caregiving

CAREGIVER:

Caregivers are broadly defined as foster parents, parents, family members, friends or neighbors who provide care to children in foster care.



While you have likely completed pre-service training in preparation for caring for children in foster care, you may not have experienced first-hand what it is like to parent a child other than your own. More specifically, you might not have had the experience of parenting a child who has experienced significant complex trauma.

Providing care for a child is rarely easy. The time spent caring for someone who can't care for him or herself can leave you physically and emotionally tired.

But if you're the type of person willing to give of yourself to help someone else, this book might help.

Caregiver Basics



Does your child have a primary disability or chronic condition?

What supportive services or accommodations are needed?

Signs of the Times

Some children in foster care may need extra attention. Keep an eye out for these signs that the child in your care may require some additional help:



- » Sleep difficulties
- » Trouble paying attention at school
- » Fighting with peers
- » Excessive crying
- » Bullying
- » Unhealthy eating patterns

Responses to Trauma: If you recognize these symptoms, please consult a therapist and your child's caseworker/case manager.

Roles of a Caregiver

As a caregiver, you wear many hats: doctor, nurse, tutor, secretary, chauffeur, cook, housekeeper and social worker. Your duties may include:



- » Keeping track of information on your child's condition, treatment and care
- » Monitoring your child's health
- » Helping your child make choices about his/her health
- » Handling your child's emotional needs
- » Planning for your child's future care and treatment

Relationship Issues



Getting to know the child is important in providing the kind of care he or she needs. Your relationship may change during this time, in good and bad ways.

The secret to success is that it is really about the two people recognizing this is a difficult time and being open to give and take. Realizing this will lead to a relationship that thrives. Be gentle, be caring and be understanding.



Why We Do It ?

Caregiving provides many positive experiences for the caregiver. We feel good about ourselves when we are useful, especially by helping others who cannot care for themselves. We're motivated by the belief that we're doing the right thing. And we are.

Use the journal in the back of this book to explore your own reasons for caregiving and the feelings that go along with those reasons.

Caregiving isn't without challenges. When asked, caregivers give examples of stress like these:



- » Loss of privacy
- » Limits on free time or a social life
- » Less time for other family members
- » Giving up vacations, hobbies or favorite activities
- » Physical and mental exhaustion
- » Frustration with not making progress with child
- » Financial strain



What do you think could become a problem for you during caregiving?

Communicate

The child in your care might worry about being a burden, taking up your time and asking too much of you.



Create productive communication by doing these things:

- » Show respect.
- » Watch what you say – try not to use phrases like “You never...” or “You always...”.
- » Listen to the child’s feelings with compassion.
- » Build and encourage two-way conversations.
- » Allow him or her to show independence – your loved one has a right to his or her dignity, so allow him/her to do things in their own way.
- » Speak in ways that support the abilities of your loved one.
- » Be reassuring when talking to the child in your care.
- » Notice fears and react in a positive manner.
- » Work through disagreements to reach a solution.
- » Set aside time each day when the child knows you have the time and energy to listen.

Respect Privacy



Please remember these precautions and ideas when addressing these issues:

- » The child may request doors be left open.
- » The child’s anxiety level might rise at bath or bedtime.
- » The child might prefer a night light on.
- » Slow down and describe what you are about to do. Taking a more relaxed approach will feel less like you are invading personal territory.

10 Ways to Make Things Easier

- 1 GET READY:** Learn what is expected of you. Figure out your schedule and how much time you can devote.
- 2 GET ORGANIZED:** Organize medical and legal info and keep it up-to-date, in order and easy to find.
- 3 GET SUPPORT:** Seek information and advice from other caregivers and support groups.
- 4 GET TALKING:** Learn the best ways to communicate with the doctors and healthcare team.
- 5 GET HELP:** Take help from others who offer it. Don’t be afraid to ask for specific tasks.
- 6 GET HEALTHY:** Take care of your own health so you are strong and well enough to care for another person.
- 7 GET REST:** A good night’s sleep every night and regular breaks during the day will help you concentrate and have the energy to provide for others.
- 8 GET HAPPY:** Depression can be an issue when caregiving for another. Watch for signs and seek professional help if you need it.
- 9 GET THE LATEST TECHNOLOGY:** Caring can be easier if you’re open to using technology. Personal computers, tablets and smartphones can keep you connected to information, healthcare teams, pharmacies and the health plan.
- 10 GET TO KNOW YOURSELF:** You’re now doing one of the toughest jobs there is. Figure out what makes you tick and how understanding yourself can make you a great caregiver.

5 WAYS TO Keep Yourself Healthy

Don't feel guilty about taking care of yourself. If you are not well-rested and healthy, you cannot tend to the healthcare needs of others. Follow these steps to keep your own health and well-being an important part of your caregiving plan.

1 SLEEP WELL 

Don't cut back on your sleep schedule. Trying to get more done by sleeping less rarely works. You need more sleep than you think you do. Eight hours a night is normal. Cheating yourself of this precious downtime means:

- » Your mood could change
- » Your energy level may reduce
- » Your productivity could go down
- » Your stress may be greater
- » Your ability to handle stress may weaken

Sleep Chart:

DAY / DATE	HOURS SLEPT	HEALTH / MOOD <i>the following day</i>

Make copies of this chart or use a journal page to continue.

2 EXERCISE & STAY ACTIVE 

Exercise has many benefits, including relieving stress and improving your mood.

It may be hard to motivate yourself to exercise after a demanding and stressful episode(s) with your child, but it will help you feel better. Regular exercise will also boost your energy level and may help you feel less tired.

Try to exercise for at least 30 minutes each day. It may be when you get up in the morning, during a lunch break, before dinner or later in the evening.

3 EAT WELL 

Fuel your body with the best things to give you lasting energy:

- » Fresh fruits
- » Vegetables
- » Whole grains, like brown rice or oatmeal
- » Lean proteins, like fish, chicken, eggs or beans
- » Healthy fats like nuts and olive oil

Sugar and caffeine may seem like they provide energy, but it doesn't last. The energy rush crashes quickly, leaving you more tired.

Healthy Foods Chart:

DAY / DATE	TIME	HEALTHY FOODS EATEN

Make copies of this chart or use a journal page to continue.

4 SEE YOUR DOCTOR

Make it a point to keep all of your doctor's appointments, follow their instructions and take your prescribed medicine and vitamins. Know your boundaries and don't try to do too much. To care for a loved one, you first have to get your own health in order.

Work with your doctor to fill out this wellness chart. Compare your current numbers to your ideal numbers and work toward getting closer to those ideals.



Wellness Chart:

My ideal blood pressure:	My current blood pressure:
My ideal LDL cholesterol:	My current LDL cholesterol:
My ideal HDL cholesterol:	My current HDL cholesterol:
My ideal triglyceride level:	My current triglyceride level:
My ideal weight:	My current weight:
My ideal amount of time staying physically active:	My current amount of time staying physically active:
My ideal number of fruits and vegetables each day:	My current number of fruits and vegetables each day:

5 RELAX AND MEDITATE

Setting aside time to unwind and meditate can be a great stress reliever. If you don't have a block of time, even just a few minutes in the middle of your day can get stress levels under control. Practice a routine of deep breathing, clearing your mind and focusing on positive thoughts. Consider adding yoga or stretching to relax even more.

Repeating phrases or mantras may help you reduce stress and bring yourself back to calm. Here are some examples to get you started:



- » In every moment, peace is a choice.
- » All is well.
- » I did well. I don't have to be perfect.
- » I will stay calm and carry on.
- » I surrender and let go.

Keep Safety in Mind



Safety for you and your child should always be a main concern.

General:

- Ensure all windows are locked on a routine basis.
- Install a carbon monoxide detector if your home uses gas.
- Keep poisonous house plants out of reach. For information about which plants are poisonous, visit the website of the Centers for Disease Control and Prevention.
- Do not use beaded pillows or furnishings with decorative objects that could be a choking hazard.
- If you use an infant carrier, always place it on the floor, never on the counter or tabletop.

- Make sure garage doors have an auto stop function.
- Discuss the importance of turning the car off when parked in a closed garage.
- Always lock your car and car trunk, even if the car is parked in the driveway at home, and always keep keys out of the reach of little ones.

Electricity:

- Teach kids to never use appliances in the tub or shower (including phones, laptops and radios).
- Teach kids to never touch electric cords or appliances with wet hands.
- Teach kids to never use electrical appliances in damp areas or while standing on damp floors.
- Make sure that small children cannot pull lamps or other electrical objects on top of themselves. Use electrical tape to secure electrical cords along baseboards.

School:

- Make an arrangement with your child’s daycare to have them call you if the child doesn’t show up as expected. More daycare tips can be found at “<https://www.webmd.com/baby/choosing-child-care>”.
- If your children take a bus, visit the bus stop with them and make sure they know which bus to take.
- Make a map with your children showing acceptable routes to school, using main roads and avoiding shortcuts or isolated areas.
- Walk the route to and from school with your children, pointing out landmarks and safe places to go if they’re being followed or need help.
- Ensure your child has a friend with whom to walk home.
- Tell your child to tell you if a “new” friend from school asks to join on the walk home or asks to meet after school.
- Discuss the importance of keeping the house key out of sight.
- Be careful when you put your child’s name on clothing, backpacks, lunch boxes or bicycle license plates. If a child’s name is visible, it may put them on a “first name” basis with an abductor.
- Advise your child to lock the doors once they’re in the house.
- Discuss the need to not open the door for strangers.

- If your children are old enough and approved to be home alone, make sure they understand the importance of not telling anyone on the phone that they are alone.
- Tell your child to call you when you they arrive home or at other destinations.
- Call 911 during emergencies.
- Use the family fire escape plan in the case of a fire.

Call the adults below if you need help

Name: _____ Number: _____

Name: _____ Number: _____

Internet Safety:

- Discuss privacy settings – While not all social sites have privacy settings, many, like Facebook, do. Make sure your child’s settings are set so that the public cannot see what your child is posting. This will help prevent your child from identity theft and inappropriate communications.
- Access to the internet should be limited to common areas of the home.
- Let your child know to come to you if anything makes them sad, scared or confused.
- Have your child ask you before sharing information, such as their name, address, and phone number.
- Tell your child they must tell you immediately if someone they do not know asks to meet them in person. Discuss the dangers of befriending and meeting someone they don’t know. Let your child know they will need your permission, you will accompany them, and meet in a public place.
- Discuss other ways your children can protect themselves online, such as by not responding to someone who makes them feel uncomfortable, or is rude or offensive; and by reporting the incident to the police, if needed.



BRIGHT IDEA

Put motion-sensor lights in the bathroom, hallways, stairways and bedrooms.

Other Safety Tips



- » When not in use, store clothing, bedding and other items where they can be reached with ease.
- » Make sure the water heater is set at a safe temperature (120°F or lower).
- » Make sure items used often are placed within reach.
- » Lock up cleaning supplies or flammable liquids.
- » Keep a first aid kit in an easy to find place.



BRIGHT IDEA



Set yourself a calendar reminder to periodically check to ensure smoke detectors and carbon monoxide detectors are in working order and placed appropriately.



Keeping It All Together

As a caregiver, you will need to keep all forms and info organized and at your fingertips at all times. Fill out these forms and keep them with you. Keep this info private, to be shared only with parties approved by your child welfare team.



MEDICATION LOG

Use this log to keep track of your child’s medicine schedule if your licensing agency or child welfare agency does not provide you a log. Share this list with your loved one, family members and healthcare team so all know of the medicines taken and the schedule for taking them.

Child’s Name: _____

Date of Birth: _____

Local Pharmacy Name: _____ Phone: _____

Pharmacy Address: _____

Mail Order Pharmacy: _____

Mail Order Pharmacy Phone/Website: _____

Over-the-Counter Medications

Allergy Relief/Antihistamines: _____

Antacids: _____

Aspirin/Other Pain or Fever Relief: _____

Cold/Cough Medicines: _____

Herbal Supplements: _____

Laxatives: _____

Sleeping Pills: _____

Vitamins/Minerals: _____

Other: _____

Prescription Medications



MEDICINE 1

MEDICINE 2

MEDICINE NAME		
DOSE		
WHEN TO TAKE		
WHY IS IT TAKEN?		
START DATE		
END DATE		
PRESCRIBED BY		
SIDE EFFECTS OR DANGER SIGNS		

MEDICINE 3

MEDICINE 4

MEDICINE NAME		
DOSE		
WHEN TO TAKE		
WHY IS IT TAKEN?		
START DATE		
END DATE		
PRESCRIBED BY		
SIDE EFFECTS OR DANGER SIGNS		

Prescription Medications



MEDICINE 5

MEDICINE 6

MEDICINE NAME		
DOSE		
WHEN TO TAKE		
WHY IS IT TAKEN?		
START DATE		
END DATE		
PRESCRIBED BY		
SIDE EFFECTS OR DANGER SIGNS		

MEDICINE 7

MEDICINE 8

MEDICINE NAME		
DOSE		
WHEN TO TAKE		
WHY IS IT TAKEN?		
START DATE		
END DATE		
PRESCRIBED BY		
SIDE EFFECTS OR DANGER SIGNS		

Fitness for You

Caring for someone else can be time-consuming and exhausting. Spending your free time exercising might seem like the last thing on your list. But it just might be the best thing for your body. Exercise can:

- » Keep you from getting sick
- » Help you sleep better
- » Give you energy to last through the day
- » Lower blood pressure and cholesterol
- » Lower stress
- » Make you a better caregiver



If exercising feels more like a chore, you're much less likely to do it. The good news: exercise can be easy and fun.

FIND A FITNESS FRIEND

Pick a friend who has a lot of energy and you enjoy being around. Motivate each other to develop a fitness routine and stick to it. Have fun while you walk, jog, bike or work out.

TRY A GROUP FITNESS CLASS

Many parks and community centers have fitness activities. Look for classes that teach yoga, tai chi, swimming, step aerobics and even martial arts. You'll meet new people, learn new things and improve your overall wellness.

DANCE

Dancing, such as ballroom dancing, square dancing, and salsa dancing can keep you active and fit. Dancing also helps your balance and builds your endurance.

GET ACTIVE WITH THE KIDS

Grab your kids and go for a hike, play basketball, get to the park and be active. They need exercise as much as you do. Hold friendly competitions each week and get everyone involved.

TRY A TEAM SPORT

Softball, bowling, volleyball and tennis teams form regularly. Join one and stay active as you compete.

TURN CHORES INTO FITNESS

Activity comes in many forms. Gardening, raking leaves, mowing the grass, shoveling snow, grocery shopping and washing the car all help burn calories and keep you active and moving.



REMEMBER: Exercise is vital for caregivers.

Set a goal of 30 – 40 minutes of moderate exercise three or more times a week.

Always talk to your doctor or healthcare team before starting any exercise program.



Dealing with Stress

As a caregiver, you face a lot of physical, mental, and emotional demands. You may feel the pressure and stress of your situation, and think you are in over your head with little or no control. Watching for the signs of stress can help you better handle it.

SIGNS OF CAREGIVER STRESS

Check the ones you've experienced yourself since serving as a caregiver:

- | | |
|--|---|
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Tiredness/run down feeling |
| <input type="checkbox"/> Sleep problems | <input type="checkbox"/> Short temper |
| <input type="checkbox"/> Problems focusing | <input type="checkbox"/> Resentful feelings |
| <input type="checkbox"/> Drinking more | <input type="checkbox"/> Smoking more |
| <input type="checkbox"/> Eating more | <input type="checkbox"/> Neglecting duties |
| <input type="checkbox"/> Health problems | <input type="checkbox"/> Cutting back on free time activities |

What other signs of stress have you experienced?

Rest, Relax, Recharge

It's essential to switch off your caregiver mode and relax. Stress and burnout are real risks.



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It's easy to find ways to relax that won't cost a lot of money. There are many little things you can do to reduce caregiver stress:

- | | |
|-----------------------------------|---|
| » Take a long bath | » Go see a movie |
| » Take a walk | » Plant some flowers or do some gardening |
| » Bake a favorite dish or dessert | » Practice yoga |
| » Read a relaxing book | » Talk to a friend |
| » Browse the library | » Listen to soothing music in a low-lit and comfortable place |

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What other relaxing activities do you enjoy that serve to de-stress you?

Ask for Help

You can't - nor should you have to - do this alone. Trying to tackle all the duties and burdens of caring for a child in foster care on your own won't work.

- » Let those around you know when you need help.
- » Spread out the duties and get as many family members involved as you can. Set up a schedule and assign times and tasks.
- » Don't say no to help when offered by a family member or friend. Many people will want to help, and you'll feel better by taking it.
- » You can't control every part of your care plan. Let people help and don't micro-manage their efforts. That can harm their desire to help.
- » Make a contact list of those you think will be willing to help.
- » Create a schedule and document your loved one's likes and dislikes and regular routine.

My helper resources:

NAME	PHONE	TASKS

Take a Break

You owe it to yourself. Your child most likely needs the break, too. Add breaks to your schedule and make sure you take them. You'll be a better caregiver by giving yourself rest and time to do the things you need and want to do for yourself.

- » Set aside at least 30 minutes of "Me Time" each day. This is time to do what makes you feel good, relaxed and unstressed. Enjoy this time without guilt and make it a priority in your day.
- » Raise your spirits while you lower your blood pressure. Take a long, candle-lit bubble bath, read a magazine, or do anything that relaxes you and makes you feel special.
- » Laughter is a known stress reliever. Watch a funny movie or TV show. Read a funny book. Talk to a friend who knows how to bring out your smile.
- » Go shopping with a friend. Go for a walk or a drive while others are caring for your loved one.

Make a list of nearby places that you enjoy visiting:

Calling the Care Manager/ Service Coordinator

The Care Manager/Service Coordinator is there to support you and is an important part of your child's treatment team.

While there are many reasons to call, here are some to keep in mind*:

- » Change in condition or available support needs
- » ER visit
- » Hospital admission
- » Fall
- » Significant injury
- » New diagnosis or medication
- » Difficulty getting an appointment with a provider
- » Potential change in living or work arrangement for the child
- » Need for additional caregiver task training
- » Durable Medical Equipment (DME) broken or in need of repair
- » Assistance with finding a provider or changing providers
- » Referrals and assistance with accessing health care services
- » Requesting more information about your child's health condition
- » Attendant provider not providing the agreed upon services
- » Behavioral health or substance abuse concerns
- » Help with identifying community resources (transportation, housing, clothing, support groups, etc.)
- » Assistance with children transitioning to adulthood (help with housing, education, employment, mentorship, etc.)

** Nothing within this book should be viewed as medical advice. In the case of a medical emergency, contact your healthcare provider or call 911.*

Managing Caregiving & Work

Millions of Americans juggle the challenges of parenting with a full-time or part-time job. This struggle for balance can lead to emotional fatigue, physical exhaustion and distraction.

This reality of life has led many employers to be more generous with allowing their workforce to accommodate these demands. Some companies even help with finding community resources, counseling, legal and financial aid and support groups for caregivers. Many offer flex time or leave for their employees caring for a child in need. If you have a full or part-time job, look into the options your company offers.

Tips for Managing Work and Caregiving:

1 LEARN THE COMPANY POLICIES

Read your employee handbook or speak with someone from Human Resources (HR) to find out the company's policy regarding time off for caregiving. Your company may have an Employee Assistance Program (EAP) that provides benefits for caring for foster and/or adoptive children.

2 KNOW YOUR RIGHTS

The federal Family and Medical Leave Act (FMLA) sets policies and rules regarding foster parenting and requirements for leave requests, sick leave, etc. Ask your HR department for info.

3 TALK TO YOUR MANAGER

Tell your manager about your caregiving duties and demands. Ask about changing your work times if your caregiving calls for being away from your job. Be honest about this demand on your time and let your manager know you're willing to work other hours to make up for time lost while caregiving.

4 ASK ABOUT FLEX-TIME

Ask your manager about altering your work schedule, going from full-time to part-time or working earlier or later shifts to accommodate your caregiving needs.

5 STAY ORGANIZED

Try to manage your time as best as you can. Write to-do lists and use calendar reminders. Make a list of priorities and address those first. Don't be afraid to assign tasks to others in the family to help with the caregiving.

6 APPRECIATE

Be thankful and appreciative of your coworkers and managers who help out with your job duties while you are going through these tough times. Offer to take on extra work when you can and help others who may find themselves in a situation like yours.



DID YOU KNOW?

Your community might have approved respite care options. Be sure you ask your caseworker/case manager.

Support Groups



You can't go it alone, but finding friends, allies and emotional outlets nearby can sometimes be a challenge. That's where support groups come in.

- » First becoming a caregiver.
- » Learning about caregiving.
- » Dealing with the stress of caregiving.
- » Sharing your stories and concerns with others who have similar experiences.

Support groups listen to your concerns and problems, giving expert answers to your questions and offering advice. In time, you'll be able to offer advice to others in need. The first thing you'll learn pretty quickly is that you aren't in this alone. Others are in the same situation, with similar problems and challenges.

Some of these groups may be found locally. Others you'll be able to reach online.

HOW SUPPORT GROUPS WORK

Local in-person groups:



- » Group members live nearby and meet regularly.
- » At each session, you make new friends and speak face-to-face about your concerns while listening to others.
- » The meetings offer a social outlet, and a chance to get out of the house so you don't feel alone.
- » In most cases, the meetings will be held at a set time and place. Attending regularly will help you get the most out of these support group sessions.
- » Learn about local resources from the other local group members. These may include doctors and specialists, health and financial programs or other outlets that could be of help to you.

Resources for Caregivers

Adopt Us Kids
adoptuskids.org

ATTACH
Attach.org

Autism Speaks
autismspeaks.org

Centene Foster Care
centenefostercare.com

Child Development Institute
childdevelopmentinfo.com

Child Welfare Information Gateway
childwelfare.gov

Child Welfare League of America
cwla.org

Court Appointed Special Advocates
casaforchildren.org

Creating a Family
creatingafamily.org

Disability
ADA.gov

Family Focused Treatment Association
ffa.org

Generations United
gu.org

Medicaid
Medicaid.gov

National Alliance on Mental Illness
NAMI.org
1-800-950-NAMI(6264)

National Child Traumatic Stress Network
nctsn.org

National Foster Parent Association
nfpaonline.org

National Suicide Hotline
1-800-273-8255

North American Council on Adoptable Children
nacac.org

Quality Parenting Initiative
qpi4kids.org

Substance Abuse & Mental Health Services Administration
samhsa.gov

U.S. Dept. of Education
ed.gov

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My Caregiver Journal

SOMEBODY NEEDS YOU.

Caregiver roles can vary, but all exist because someone needs help and care. To support you in your important role, this journal provides tips, resources and tools to assist you in looking after your child and yourself.

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Topics in this book include:

- » Caregiving basics
- » Safety
- » Your health and fitness
- » Dealing with stress and burnout
- » Organization
- » Support groups and resources
- » And more



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