

# How to Be a Resilient Caregiver

Ideas, Information and  
Resources for Healthy  
Caregiving

REVISED 2014





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*Ideas, Information and Resources  
For Healthy Caregiving*

Note: How to Be a Resilient Caregiver is a reference guide, and is intended for use throughout the caregiving experience. Please do not be intimidated by the scope of content provided in the manual. The information is designed to be relevant and applicable to the changing needs of the caregiver and the person receiving care over an extended period of time. Use the Table of Contents as a guide to the information that is pertinent for specific issues and situations.

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# Dedication

*The Caregiver Consortium, Inc. dedicates this manual to  
Jessie V. Pergrin, RN, PhD  
Family Caregiver, Colleague, Educator, Mentor, Community Volunteer and Friend*

## Acknowledgments

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Please note that making copies of this manual is prohibited. The manual may be found online at [www.caregiverconsortium.org](http://www.caregiverconsortium.org).

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