

# Caregiver Support Toolkit

Because You Deserve Care, Too

Dear Caregiver,

We see you.

You're the one who keeps showing up. Even when you're tired. Even when the day is long and the nights are longer. You do the emotional labor, the physical care, the silent worrying. You hold the pieces together for others.

But in the process, it's easy to lose track of the one person who matters just as much: you.

At LifeGuides, we understand the unique challenges caregivers face. The constant balancing act between work, family, health, and care responsibilities can be overwhelming. Often, caregivers carry invisible burdens: grief, guilt, exhaustion, loneliness – all while feeling the pressure to be strong, patient, and selfless.

We want to remind you of something important: You deserve care too. ❤️

Caring for yourself is not a luxury. It's not selfish. It's essential. In fact, your wellbeing deserves attention simply because you are human, not only because others depend on you.

We invite you to pause just for yourself and explore how LifeGuides can help you restore balance, build resilience, and remember: you are not alone.

With care,

*The LifeGuides Team*



## How Guides Support Someone to Talk To, Who Truly Gets It

As a caregiver, you're constantly managing more than what's visible. It's not just the tasks like medications, meals, routines. It's the emotional weight: the fear, the fatigue, the frustration, the guilt.

When you're always "on," it can feel like there's no room to feel anything else. But pushing those feelings aside only adds to the overwhelm.

### That's Where LifeGuides Comes In

Working 1:1 with a Guide offers a confidential space to:

- Talk through complex emotions like guilt, anger, or grief – all without judgment
- Understand how to respond (not just react) when family dynamics shift
- Release the pressure to do everything perfectly
- Make decisions with clarity, not just urgency
- Feel seen by someone who's walked a caregiving path themselves

“There's so much we don't say out loud because we think we have to be strong. My Guide gave me space to say the hard things, and I felt lighter afterward.”

– LifeGuides Member

Guides are real people with real experience, trained to help you:

- Cope with being the emotional center of your family
- Feel less alone in the chaos
- Create space to care for yourself while caring for others

Because caregivers need care too.



# Caregiving Looks Different for Everyone

No two caregiving journeys are the same. LifeGuides supports caregivers across a wide spectrum of situations & relationships:

## Caregiving for a Child

Whether your child has complex medical needs, developmental differences, or mental health challenges, your role can feel relentless and invisible. A Guide can support you in setting boundaries, practicing compassion for yourself, and staying grounded when advocating for your child.

## Caregiving for a Spouse or Partner

When your relationship shifts into a care dynamic, the emotional toll can be deep like loss of intimacy, shifting roles, and decision fatigue. Your Guide helps you honor both the love and the hardship.

## Caregiving for Someone with Dementia

Caring for someone with dementia brings unique heartbreak: navigating memory loss, personality changes, and daily unpredictability. A Guide offers support for your grief, patience, and endurance.

## Extended or Multigenerational Family Caregiving

Whether you're part of the "sandwich generation" or navigating cultural expectations around family care, a Guide can help you balance multiple roles without losing yourself.

# Real Support for the Road Ahead

You don't have to guess your way through caregiving. With LifeGuides, you receive personalized, human-centered support that helps lighten the mental and emotional load.

## Create a Personalized Caregiving Plan

Clarify responsibilities, routines, and backup plans so you feel more prepared & less reactive.



## Build Resilience & Prevent Burnout

Identify practices & mindsets that sustain you. Learn to care for yourself as intentionally as you care for others.



## Restore Your Identity Beyond Caregiving

You are more than this role. Let a Guide help you reconnect to the parts of yourself that might feel forgotten.



## Select the Right Support Team

Whether it's evaluating home care, choosing facilities, or coordinating with family, your Guide can help you think through options.



## Navigate Conversations with Family

Get help setting boundaries, asking for support, or having difficult conversations that keep your relationships strong.



**Got 10 Minutes?**  
[Start here!](#) You've got support. You've got us.

# Reflection & Planning Worksheet

This space is for you. Use it to check in with yourself and take one small step toward better balance.

## **How Are You, Really?** (Check all that apply or add your own)

- I feel emotionally exhausted
- I'm doing okay, but it's hard to keep up
- I don't feel seen or supported
- I'm struggling to find time for myself
- I feel grateful but overwhelmed
- Other:

## **What's Taking Up Most of Your Energy?**

Write down the top 3 things (people, responsibilities, decisions, etc.) that are most consuming right now:

- 1.
- 2.
- 3.

## **What Would Help You Feel More Supported?**

Choose one to focus on this week:

- More rest
- Someone to talk to
- Help with decision-making
- A break from daily responsibilities
- Clarity on what's mine to carry
- Other:

## **One Gentle Step I Can Take for Myself This Week:**

It could be as small as 5 quiet minutes or scheduling a Guide session.



You don't have to do it all alone. Reach out to LifeGuides and take a step toward support, balance, & care for you.