

CAREGIVER'S GUIDE TO SELF-CARE

Learn How To Stay Well Throughout The Caregiving Journey

Who are caregivers? Most of us. 60 million* are caring for loved ones each day. Too often family caregivers forget to care for themselves, leading to stress and negative health outcomes.

Jane Meier Hamilton, RN, MSN will wisely guide you through caregiving challenges. Her personal anecdotes, insightful recommendations, sensible strategies, and tools will affirm your own inner strength and will help you **care for yourself as you care for others.**

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Navigate Your Caregiving Journey With Comprehensive Self-Care Resources



Recommendations



Support



Resilience



Stories



Self Assessments

About The Author



Jane Meier Hamilton, RN, MSN, is an entrepreneur, consultant, educator, and author. A nurse for 45 years and a family caregiver for twenty.

She is the Founder of Partners on the Path, LLC, (www.PartnersonthePath.com), a woman-owned business that provides caregiver support programs to businesses and non-profits, health-care, and faith-based organizations; professional, condition-related and community associations.