



Caregiver's
Companion:
A Practical Guide
to Achieving Harmony
in Your Caregiving
Role

By: Robin Weeks

ROBIN'S *Journey*

Becoming the primary caregiver for my parent wasn't a calling... It was just what I did as the only daughter.



Caregiving is hard. It is lonely, and it is a roller coaster of emotions.

When I was a caregiver to my mom, it changed me.

Our journey together was the hardest thing I have ever done. I made a lot of compromises, and I made many mistakes along my path. Those years were some of the best and most heartbreaking.

I also learned so much... how to better care for myself, how to be prepared for the events that will happen and where to go for resources.

Yet something was always lacking.

I felt like I didn't know anyone who could relate. I didn't know where to go for support. I tried support groups, but they didn't offer the level of help and compassion I needed. I tried self-help books, but it wasn't more information I was after.

ROBIN'S *Journey*

**I needed a place where I could be open and candid,
somewhere I didn't feel judged or labeled...**

Trust me, I had enough self-imposed guilt that I didn't need or want anyone else dishing that up as well.

Yet no matter where I looked, I couldn't find a community that managed to nurture my emotional, social, and spiritual needs, nor one that provided the day-to-day insight I desperately craved.

After my mother passed, I decided to create something in her memory.

My Pivotal Point is an incarnation of that time.

I have taken my journals from those years, my memories, and my recorded conversations, and fused them with the training I have since taken, plus countless conversations with other caregivers, to create the PATH Program you are about to embark on.

My hope is that this feels like a loving place you can go -- free of judgment or criticism. A place that you can turn to for education, support, laughter, tears, and to have your questions answered.

Thank you for being here, and thank you for the hard work you do every day.

You are appreciated.

Letter to my readers



Dear Caregiver,

I am so glad to have you here with us on your caregiving PATH. You may have started some time ago or are just beginning in this role. I have information, education, resources, tips, and strategies for no matter where you are on your PATH.

This booklet is based on content from the Insights and Learning section of your membership. Inside, you'll find pages to journal and reflect on, pages for you to keep records, pages for you to learn from, and pages to inspire you throughout your journey.

Caregiving is hard. I won't tell you otherwise. It also can bring you moments of love, compassion, joy, and sadness. This is an opportunity to embrace these many emotions and feel true, deep compassion for another person. Even on the hardest days of caregiving, there is something rewarding about taking care of another person when they most need it...