

## **Caregiver Loss**

Losing a loved one is a difficult and painful experience and the grieving process may take time. It can help to find resources and support for dealing with your loss.

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## **Cake: Funeral and End-of-Life Platform and Tools**

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[Cake: Funeral and End-of-Life Platform and Tools](#)

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## **4 Common Myths About Reactions to Grief**

This article explores four of the most common myths about our reactions to grief... and the truth about each.

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[WayForth](#)

Article

## **Caring for My Dying Father Changed Me Forever**

A daughter shares what it was like to find out that her father had cancer and how her experiences with illness and dying changed her perspective.

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Springible

Article

## **Caregiver Self Assessment Questionnaire**

How are you? The Caregiver Self Assessment Questionnaire helps caregivers identify their own needs and offers strategies for follow up.

Source

[HealthinAging.org](http://HealthinAging.org)

Article

## **How to Move On From Caregiving After a Parent Dies**

When a parent dies and caregiving ends, caregivers can experience sadness and grief as well as a feeling of "What do I do now?"

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[Next Avenue](http://Next Avenue)

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## **AARP: Grief, Loss and End of Life**

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## **GriefShare Support Groups**

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## **Family Caregiver Alliance: Grief & Loss**

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## Well Spouse Association

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Article

## 5 Simple Ways to Help Someone Who's Grieving

Feeling helpless as a caregiver, friend or family member? Here are 5 simple ways to help someone who's grieving.

Source

[Caring.com](#)

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