



Caregiving Cafe
Resources Support Self-Care

Information for Caregivers

From the Caregiving Cafe

CAREGIVING CAFE / ZOOM Support Group

Email Lynn Greenblatt to join: ccafemail2@gmail.com

[FACEBOOK](#) [YOUTUBE](#)

Caregiver Support

[Emotional Side of Caregiving](#)

[Time Management for the Caregiver](#)

[Self-Compassion](#)

[Caregiver Stress and Burnout](#)

[Compassion Fatigue and Burnout](#)

[Stress Management](#)

[Building Your Care Team](#)

[100+ Ways to Support Caregivers by Sharing the Care](#)

[Caregiver Support](#)

Legal Issues for Caregivers

[A Legal Checklist for Family Caregivers](#)

[MPOA, Medical Power of Attorney](#)

[Declaración de Voluntad Anticipada / Advance Directives \(Spanish & English\)](#)

End of Life Planning

[Getting your Affairs in Order](#)

[Creating your Life File: A Checklist for End-of-Life Planning](#)

[End-of-Life Planning Checklist](#)

[Compare Funeral Home and Cemetery Prices](#) (*Bastrop, Caldwell, Hays, Travis, and Williamson counties*)

This information was gathered as part of a resource-sharing initiative for the
[Mindful Remembrance and Ofrendas](#) community collaboration.