The ultimate challenge of caregiving is to:
- Preserve the dignity of the person receiving care
- Maintain the caregiver's well being
- Accomplish these tasks simultaneously

Definition of a Caregiver
A caregiver is anyone who takes responsibility for another person's well being and safety over time, and along a continuum from minimum to maximum dependence. The person receiving care can be as close as living at home or a nearby health care facility, or as far away as a long distance phone call.

Role Relationships in Caregiving
Goals:
- To seek a relationship of balance and equality concurrent with a dynamic shift in roles and responsibilities.
- To honor and maintain the primary, original roles which have defined the relationship.

My candle burns at both ends
It will not last the night;
But, ah, my foes,
And, oh, my friends;
It casts a lovely light.

- Edna St. Vincent Millay

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