



Powered by Saint Elizabeth Health Care, est. 1908

Maybe it's time to ask for help.



Visit **elizz.com**
or call **1.855 Ask Eliz (275 3549)**

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elizz™ 5 LifeStages of Caregiving®

HELPING

1 - 10 hours of care / week

INVOLVED

11 - 20 hours of care / week

INTENSIVE

21 - 40 hours of care / week

ALL ENCOMPASSING

41 + hours of care / week

CLOSING

Caregiving comes to a close

What stage are you in? Take our quiz at **Elizz.com**

Family caregivers are everywhere.

We see

you

And we understand the ups and
downs you face everyday.