



Caregiver Coping Resource

If you are a caregiver for a child with Inflammatory Bowel Disease (IBD) and/or Autoimmune Liver Disease (AILD) there is a new resource we would like to share with you!

The **Caregiver Coping Resource** was created *for caregivers by caregivers* of young patients with IBD and AILD and includes evidence-based information and resources from psychosocial clinicians. The resource is comprehensive (160+ pages, divided into 19 helpful sections) - it covers many topics such as diagnosis, handling stress and emotions, self-care, assisting your child's coping, and practical tips and advice from caregivers for everyday life. It is free and is available on the ImproveCareNow website.

ACCESS + DOWNLOAD THE FULL CAREGIVER COPING RESOURCE

improvecarenow.org/caregiver_coping_resource

"The resource is like a choose-your-own-adventure book that can be used at any point along the health journey – this allows each caregiver to read the part of the resource that is most relevant to them at that moment in their child's care."

- Jennie David, PhD - Resource Contributor