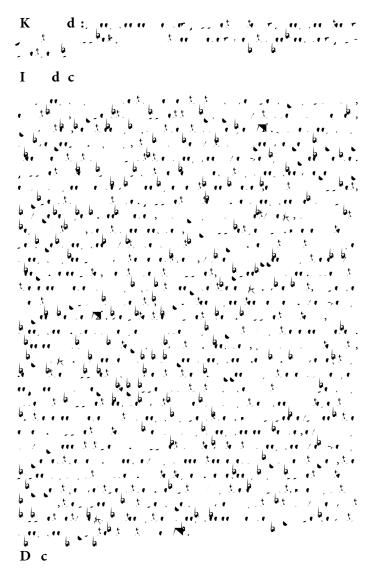
Abstract

Caregiving for individuals with serious illnesses or disabilities can be a demanding and emotionally taxing role, often leading to caregiver stress and burnout. This paper explores the critical role of support systems in enhancing caregiver resilience, focusing on how various forms of support contribute to the well-being and efectiveness of caregivers. Support systems, including social networks, community resources, healthcare services, and support groups, play a vital role in providing caregivers with emotional, informational, and practical assistance. This study examines the ways in which these support systems mitigate the challenges associated with caregiving, promote mental and physical health, and foster resilience. By analyzing current research and case studies, the paper highlights successful strategies for integrating support systems into caregiving practices and identifes best practices for maximizing their impact. The findings underscore the impf

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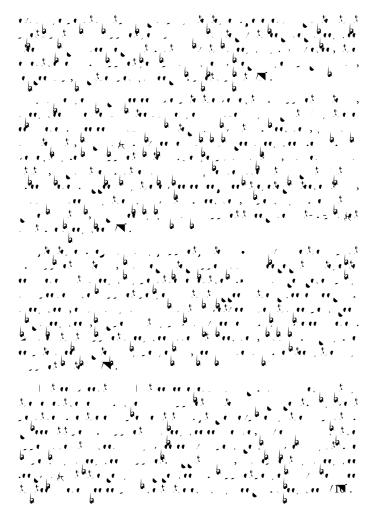


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