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[How to Move On From Caregiving After a Parent Dies](#)

This Next Avenue article – [How to Move On From Caregiving After a Parent Dies](#) - describes how caregivers can grieve while also finding ways to resume their lives and strengthen close relationships.

Moving on after a parent dies can be challenging, but building a support system can help you find a path. Practical strategies can help you navigate this journey:

1. seek out support;
2. know that guilt is normal;
3. take care of yourself;
4. welcome the extra time;
5. reach out to friends; and
6. enjoy quality time with your spouse.

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