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The Caregivers Companion: Caring for Mind, Body, and Spirit

The Samueli Institute created [The Caregivers Companion](#) to provide a guide for military caregivers as they journey toward happier, healthier lives. This requires aligning the body, mind and spirit, as well as creating a system of support.

The guidebook will help to support all military caregivers no matter their relationship to the person they are caring for or when they served. This includes husband and wives, parents and children, friends, relatives, and acquaintances. “The Caregivers Companion” is designed for all who provide care.