



Caring for Someone with Chronic Illness: What Every Caregiver Needs to Know

Being a caregiver is one of the most important roles you'll ever take on—and one of the hardest. Whether you're helping a parent with memory loss, a partner with cancer, or a friend with Parkinson's disease, this guide will help you protect your health while providing meaningful support.

Top Caregiving Strategies That Work

- ✓ Acknowledge Your Feelings

It's normal to feel overwhelmed, frustrated, sad, or even resentful. Naming these feelings helps prevent burnout and depression. You are not alone.

- ✓ Build Your Team

Don't do it all yourself. Ask for help from family, friends, or professionals. Shared caregiving improves outcomes and protects your health.

- ✓ Educate Yourself

Knowledge builds confidence. Learn about your loved one's condition. Break tasks into small, learnable steps. Don't be afraid to ask questions.

- ✓ Set Boundaries

Know your limits—physical, emotional, financial. It's okay to say, "I can't do this alone." It's not selfish to protect your well-being.

- ✓ Take Care of You

You can't pour from an empty cup. Take breaks. Go for a walk. Listen to music. Take a nap. Eat well. Talk to someone who gets it.

- ✓ Find the Meaning

Even when it's hard, caregiving can reflect your deepest values—love, loyalty, purpose. Celebrate small wins. It's okay to grieve and feel proud.



Top Resources for Caregivers

Family Caregiver Alliance – <https://www.caregiver.org>

National Alliance for Caregiving – <https://www.caregiving.org>

CaringInfo (NHPCO) – <https://www.caringinfo.org>

ARCH Respite Network – <https://archrespite.org>

Eldercare Locator (U.S. Aging Network) – <https://eldercare.acl.gov>

Parkinson's Disease-Specific Support

Parkinson's Foundation – Care Partner Resources – <https://www.parkinson.org/caregivers>

Davis Phinney Foundation for Parkinson's – Care Partner Resources –
<https://davisphinneyfoundation.org/care-partners/>

American Parkinson Disease Association – Support for Care Partners –
<https://www.apdaparkinson.org>

Michael J. Fox Foundation – Caring for Someone with Parkinson's –
<https://www.michaeljfox.org/news/caring-someone-parkinsons>

Dementia-Specific Caregiver Support

Alzheimer's Association – Dementia Care Resources – <https://www.alz.org/help-support/caregiving>

Dementia Care Central – Family and Caregiver Guide – <https://www.dementiacarecentral.com>

Lewy Body Dementia Association – Support for Caregivers – <https://www.lbda.org/caregiving-publications/>

National Institute on Aging – Alzheimer's and Dementia Caregiving –
<https://www.nia.nih.gov/health/caregiving>

Alzheimers.gov – U.S. Government Resource – <https://www.alzheimers.gov/life-with-dementia/tips-caregivers>

Reminder: You Matter, Too

“You don't have to do everything. You just have to do what's possible today.”
And that is more than enough.

