

Summary

Being the caregiver for a loved one with suspected CTE can be an incredible challenge. You may spend so much time caring for your loved one, you neglect your own needs. Here are some tips for caregivers:

Look after yourself first



1. Setting aside time for self-care is an essential part of being a supportive caregiver.
2. Put your own healthcare needs first and reach out if you need help.
3. Prioritize activities that build your physical, emotional, mental and spiritual energy such as:
 - Regular exercise
 - Meditation
 - Mindfulness
 - Reading
 - Listening to music
 - Cooking
 - Proper rest
 - Healthy diet
 - Socialization

Create a support network



- It is important to build a strong and empathetic network of people who can support you and your loved one. You are not alone.
- Talk to a sibling, friend, parent, or therapist.
- Be open about your experiences with those who may not see your loved one at their worst.
- The CLF Mentorship program is a great way to connect to a fellow suspected CTE caregiver. Reach out to the HelpLine at ConcussionFoundation.org/HelpLine to find a peer support volunteer to lean on for support.

Create a resource toolbox



If you or your loved one needs help, do not hesitate to reach out.

National Suicide Prevention Lifeline	1-800-273-8255
SAMHSA Helpline	1-800-662-4357
National Domestic Violence Hotline	1-800-799-7233
CLF HelpLine	ConcussionFoundation.org/HelpLine