

## **Partners and Caregivers**

Questions – How can I best help and understand by partner’s needs?

How can I also prevent myself from getting burned out?

How do I balance my own needs with those of my partner?

How can we both work together to help each other in this situation?

How can I best communicate with my partner?

How can I learn about this illness so I can be of the most help?

Where can I get help when I need it?

How can I do things I still want to do, and still help my partner?

Will my partner understand my need for doing things I need to do for myself?

### Resources:

<https://www.massmecfs.org/living-with-me-cfs/445-10-rules-for-those-who-love-cfidsme-a-fm-patients>

Article by spouse on how to adjust spouse’s/caretaker’s interactions with ill spouse

<https://www.massmecfs.org/living-with-me-cfs/102-a-view-from-outside-how-to-help-a-pwc>

Article by registered nurse on how to understand your ill friend’s needs.

Well Spouse Association – Mission: “Supporting Spousal Caregivers – WSA supports and advocates for the people who for a chronically-ill or disabled husband, wife or partner.” A comprehensive resource for support and services -

<https://wellsponse.org/> Also the book: “Mainstay” by Maggie Strong

<https://solvecfs.org/wp-content/uploads/2013/10/ForThoseWhoCare.pdf>