Caring for others is filled with many mixed and varied emotions such as feelings of love, loss, anger, affection, sadness, frustration, and guilt.

It’s not uncommon for family caregivers to feel lonely and isolated. It takes a lot of physical, mental, spiritual, and emotional energy to care for a loved one.

Caregivers often experience a higher rate of stress, anxiety, and depression than those who aren’t caregivers.

You’ve probably heard it before – you need to take care of yourself! That can seem overwhelming and often requires energy and support to help make some changes.

The Importance of Emotional Support
It’s important for you to feel emotionally supported. Current research is clear that those who get emotional support while caregiving fare far better and provide care longer than those who don’t.

Family and friends, while a valuable emotional support system for some, may not always be available or particularly helpful now. This is not unusual. Changing family roles, unresolved past family dynamics, and stress brought on by your loved one’s health, can strain even the best of support systems and relationships.

Expanding Your Emotional Support Network
You may need more or a different kind of emotional support than your current support network can offer. What could help you feel more supported?

- A few hours for yourself?
- More information about your loved one’s disease or condition?
- Getting some help solving caregiving problems?
- A sympathetic ear … someone who can listen without judging?
- Spending time with others, especially those in similar situations?

If any of these things would help you feel more supported, there is good news. A variety of family caregiver support services offer this kind of emotional support, information, and knowledgeable advice.
It Only Takes a Phone Call

If any of these services sound interesting to you, call your local Family Caregiver Support Program. Caring and knowledgeable staff are familiar with the caregiver support programs and services available where you live and will help you get connected with whatever works best for you.

To find your local Family Caregiver Support Program, call 1-800-422-3263 or visit our website at www.adsa.dshs.wa.gov (click on “Local Services”).

Take a step and make sure you have the emotional support you need today!