



Caregiver Support

Caregiving is one of the hardest, most demanding, draining, and often most self-sacrificing and frustrating responsibilities we may ever take on.

And it is most often something we do out of love and devotion for a family member or very close friend.

It can become all consuming and quality of care can wane as burnout sets in. It is important, therefore, that we intentionally take care of ourselves. **Self-care is critical.**

This section, as we continue to develop it, will address self-care, support groups, respite care, and other support available to all caregivers. And the good news is that much of it is free.

One great source offering free support is the **Southern California Caregivers Resource Center**, offering Caregiver education and training, Family Counseling, Financial and Legal Counseling, Caregiving tips and strategies, Support groups, and Respite care, all for free.

For more detailed information, go to:

<https://www.caregivercenter.org/>

Another resources include the **San Diego County Caregiver** website:

<https://www.sandiegocounty.gov/content/sdc/hhsa/programs/ais/Families-Caregivers.html>

And there is specialized care giver support for each type of illness caregiver's deal

with. For caregiver support specific to ADHD, Alzheimer's, Anxiety, Autism, Bipolar, Dementia, Depression, Eating Disorders, OCD, Psychosis, Schizophrenia, Schizoaffective Disorder, , Self Harm, or Suicidal Ideation, please check those pages under Mental Health.

Below are some generalized support for all Caregivers and Self-Care suggestions.

Mental Health America

A Guide for New Mental Health Caregivers

<https://mhanational.org/guide-for-new-mental-health-caregivers/>

Mental Health Resources for Caregivers

<https://mhanational.org/caregiving/>

Being an effective caregiver

<https://mhanational.org/resources/being-an-effective-caregiver/>



Caregiver Support

Maintaining Boundaries

<https://mhanational.org/resources/maintaining-boundaries-as-a-caregiver-go-from-guilt-to-glow/>

Caregiver Self-check for balance and boundaries

<https://mhanational.org/resources/caregiver-self-check/>

Mental Health Hospitalization – A Guide for Caregivers

<https://mhanational.org/resources/mental-illness-and-the-family-is-hospitalization-necessary/>

Women's Health – Caregiver stress

<https://womenshealth.gov/a-z-topics/caregiver-stress>

Coping with Caregiver Stress

<https://mhanational.org/resources/coping-with-caregiving-stress/>

Beatitudes for Caregivers

<https://files.ecatholic.com/31862/documents/2022/7/BEATITUDES%20FOR%20CAREGIVERS.pdf?t=1657161713000>

Tips for Caregivers and Care Receivers

<https://files.ecatholic.com/31862/documents/2024/7/Caregivers%20and%20Receivers%20Tips.pdf?t=1720097333000>

ADAA Caregiver Resources

<https://adaa.org/find-help/by-demographics/caregivers>

NAMI

Tips for How to Help a Person with Mental Illness

<https://www.nami.org/community-and-culture/nami-faithnet/tips-for-how-to-help-a-person-with-mental-illness/>

Family Members and Caregivers

<https://www.nami.org/family-members-and-caregivers/>

Family Caregiver Helpline

<https://www.nami.org/nami-helpline/family-caregiver-helpline/>



Caregiver Support

Circle of Care Caregiver Guidebook

<https://www.nami.org/research/publications-reports/guides/circle-of-care-guidebook/>

Mayo Clinic

Tips for Taking Care of Yourself

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/caregiver-stress/art-20044784>

For more information, resources, and Catholic therapists, contact Rich at hello@thechurchofstluke.org