
WSA members can offer support to each other, share ideas and insights through ...

- ◆ *Mainstay*, our quarterly newsletter written for and by well spouses
- ◆ Local peer support groups
- ◆ Our website (www.wellspouse.org) which provides information about coping skills, timely updates on caregiver issues, a directory of support groups, links to other caregiver and health provider organizations, and an online forum where members post questions and messages of support
- ◆ Regional respite weekends and a national conference
- ◆ An online peer mentorship program and “round robin” letter writing group
- ◆ Continuing support for members whose partners have died
- ◆ Initiatives to help our children cope

***When one is sick...
two need help***

Well Spouse is like a life preserver to the drowning. It kept my head above the water when I thought I was going down for the third time. — Rita R., Michigan

I joined WSA some years ago at a time when I was reeling from the effects of my wife's devastating illness. The group has helped me through many dark days, not necessarily by doing anything, but by being there for me, by listening to me, by understanding as only a well spouse can. In essence, by supporting me as no one else can, and no one else has. — John V., Pennsylvania

My husband, 46, is partially paralyzed. Our two boys, one diabetic, need help but I have to work full time. I was desperate. The WSA newsletter, *Mainstay*, has helped. Thanks. — Martha K., Michigan

I was torn between chronic illness and raising children. I felt so alone and helpless until I found WSA. Your tips for survival are fabulous. — Dean L., New York

During the past four years, I have only found identity as an individual through WSA. — Ethel K., Illinois



***Support for
wives, husbands,
and partners of
the chronically ill
and/or disabled***



Illness and accident attack without warning and can happen to anyone. No two illnesses exact the same toll. ALS, Alzheimer's, MS, Parkinson's, stroke, heart disease, accident... each need distinctly different care.

All spousal caregivers face similar problems: **anger, fear, grief, guilt, and isolation**, whether they are full-time caregivers or whether their partners have only moderately disabling diseases.

Well Spouse provides support nationwide, in Canada, and abroad for the millions of wives, husbands and partners of the chronically ill and/or disabled.

The companionship, empathy, and shared information between one well spouse and another is unique.

Visit our website...

www.wellspouse.org



You are not alone!
1-800-838-0879

You are a well spouse if...

- ◆ Your spouse receives a diagnosis of chronic illness
- ◆ You are responsible for your partner's care 24 hours a day, 7 days a week, 52 weeks a year
- ◆ You know your spouse's condition is unlikely to improve
- ◆ You feel like you are raising your children by yourself
- ◆ You have trouble maintaining friendships from "your former life" because your friends may be uncomfortable around illness or disability
- ◆ The costs of illness jeopardize your financial security
- ◆ You have trouble leaving the house because of what might happen to your spouse/partner in your absence
- ◆ You are married but feel "single"
- ◆ Your partner is in a nursing home

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The Well Spouse Association, a nonprofit organization, advocates for and addresses the needs of spouses caring for a chronically ill or disabled wife, husband, or partner by offering peer to peer support and by educating healthcare professionals and the general public about the special challenges and unique roles "well" spouses face every day. Membership dues, grants, and donations support WSA. All contributions are tax-deductible to the extent provided by law.



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On the web: www.wellspouse.org

MEMBERSHIP APPLICATION

- One Year\$25
- Two Year\$45
- Friend of WSA\$25
- Professional/Clergy\$50
- Organization/Institution\$50
- Additional Contribution

Amount Enclosed

Name

Address

City State Zip

Spouse's/Partner's Illness

Phone

Email

No well spouse is denied membership due to financial hardship. If you cannot afford the full membership fee, please enclose whatever amount you can afford. (Minimum \$5.00 payment requested)