

# Supporting Suspected CTE Caregivers



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. **Below are some tips for caregivers.**

## Look after yourself first

- **Setting aside time for self-care** is an essential part of being a supportive caregiver.
- **Put your own healthcare needs first** and reach out if you need help.
- **Prioritize activities** that build your physical, emotional, mental and spiritual energy such as:



## 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 CLF HelpLine at [CLFHelpLine.org](http://CLFHelpLine.org) to find a peer support volunteer to lean on for support.*

## Create a resource tool box

**Lifeline Australia:**  
13 11 14

**Questions:**  
[CLFHelpLine.org](http://CLFHelpLine.org)

**Australia Family and Domestic Violence Resources:**

<https://www.servicesaustralia.gov.au/help-from-other-places-for-family-and-domestic-violence?context=60033>



Learn More

Go to [ConcussionFoundation.org/CTE](http://ConcussionFoundation.org/CTE) or scan QR code