SOCIAL SUPPORT FOR CAREGIVERS

WHAT IS SOCIAL SUPPORT?

Social support is the help provided by family, friends, and communities. This help can fulfill emotional, tangible, informational, or social needs.

BENEFITS OF SOCIAL SUPPORT

- Improved physical health
- Increased feeling of security
- Greater resilience
- Improved self-esteem
- Greater life satisfaction
- Reduced feelings of stress

TYPES OF SOCIAL SUPPORT

**Emotional Support:** Help managing emotions, such as stress, anger, or depression. This support might include listening to problems and showing empathy.

**Tangible Support:** Help with practical problems, such as financial assistance, providing a ride to work, or help with childcare.

**Informational Support:** Providing information that helps solve a problem or overcome a challenge. This might include advice or information about helpful resources.

**Social Needs:** Fulfillment of basic social needs, such as love, belonging, and connectedness. This helps provide a feeling of security and commitment.

TIPS FOR BUILDING SOCIAL SUPPORT

**Attend to your existing relationships.** Reach out to family and friends. Make it a priority to maintain your most important relationships, even when other areas of your life are busy.

**Increase community involvement.** Participate in hobby groups, volunteering, or religious groups. This is a great way to meet like-minded people, and build a new support system.

**Attend support groups.** Connect with others who are dealing with similar problems or life experiences. It can be rewarding to share your own story and provide support to others.

**Use professional support.** Doctors, therapists, social workers, and other professionals can help you solve problems that are more complicated, or too difficult to tackle alone.
SOCIAL SUPPORT FOR CAREGIVERS

The Brigance Brigade Foundation (BBF) is a 501(c)(3) nonprofit with the mission to equip, encourage and empower people living with ALS (PALS). At the BBF, we understand that PALS are best served when caregivers have the opportunity and tools to take care of themselves. 95% of the primary caregivers in our network are the spouse or child of the PALS. Programs under the umbrella of Chanda’s Caregiver Corner, recognize and celebrate these special relationships of PALS and CALS. BBF is proud to be a resource for caregivers and families by providing resources and community to those fighting alongside their loved ones.

LIST THREE PEOPLE, GROUPS, OR COMMUNITIES THAT PROVIDE YOU WITH SOCIAL SUPPORT

Support #1
Support #2
Support #3

DESCRIBE HOW EACH OF YOUR SUPPORTS HELPS YOU, OR COULD HELP YOU WITH EMOTIONAL, TANGIBLE, INFORMATIONAL, AND/OR SOCIAL NEEDS

Support #1
Support #2
Support #3

LIST ANY BARRIERS THAT PREVENT YOU FROM UTILIZING EACH OF YOUR SUPPORTS

Support #1
Support #2
Support #3
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**WHAT SPECIFIC STEPS COULD YOU TAKE TO BETTER UTILIZE YOUR SUPPORTS?**

Support #1

Support #2

Support #3

**HOW COULD YOUR SUPPORTS HELP YOU WITH A CURRENT PROBLEM?**

Support #1

Support #2

Support #3