



Support for Care Partners of Neurological Disease Patients

Caregivers provide essential support for people living with neurological diseases. They assist with daily activities such as bathing, dressing and eating, while also managing medications and coordinating appointments. Just as important, caregivers offer emotional support as loved ones experience changes in memory, behavior and independence. Their role helps maintain quality of life and continuity of care.

Understanding the Role of Caregivers

Caregivers are a critical part of the care team. However, caregiving can take a physical, emotional and financial toll as neurological diseases progress and caregiving demands often increase. This can lead to fatigue, stress and competing responsibilities at home or work. Recognizing these pressures early can help caregivers take steps to manage them and seek support.

Caregivers need support to remain healthy and effective in their role.

What Caregivers Should Know



Although difficult to deal with, **cognitive and emotional changes** are common symptoms of neurological diseases.



Safety should be reassessed regularly as needs and abilities change.



Care plans, including medications and appointments, require close **attention and consistency**.

Support and Resources for Caregivers

Caregivers need support to remain healthy and effective in their role. Taking breaks, asking for help and staying connected to clinicians can make a meaningful difference. Even small steps to protect time and energy can reduce stress over time. External resources can also offer support and relief.



Respite care services, including the National Respite Locator Service, can provide short-term relief.



The **Family Caregiver Support Program** offers counseling, training and respite services nationwide.



Nonprofit organizations provide education, tools and community support.

Conclusion

Caregivers are a critical part of the care team for people living with neurological diseases. Access to support, education and resources can help reduce burden and sustain their ability to provide care.



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