

There are in excess of 7,000,000 Spousal Caregivers in the United States alone. WSA is the only national association providing non-disease-specific support addressing the signature losses we face. WSA also has members around the globe joining our 'family' through our online presence.

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



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Well Spouse™ Association
63 West Main St. Ste. 'H'
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The WSA Mission Statement

The **Well Spouse™ Association**, a nonprofit 501(c)(3) membership organization, advocates for, and addresses the needs of individuals caring for a chronically ill and/or disabled spouse/partner. We offer peer-to-peer support and educate health care professionals, family, friends and the general public about the special challenges and unique issues "well" spouses face every day. To achieve this mission, the Well Spouse™ Association:

- coordinates a national network of Support Groups - with limited groups available in Canada as well.
- facilitates a Mentor program and Round Robin letter writing groups.
- publishes a newsletter (Mainstay) and e-newsletter (Member Minute).
- hosts a website (www.wellspouse.org) with resources for coping and survival skills, including an on line forum for spousal caregivers.
- organizes regional respite weekends and a national conference for caregivers.
- provides continuing support for members whose caregiving role has ended.
- advocates on behalf of spousal caregivers.
- seeks out new initiatives to help caregiver spouses and their families cope with the emotional and financial stresses associated with chronic illness and/or disability.



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

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. MI

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. NY

Prior to finding the WSA family I was a poster child for clinical depression. I barely managed to make it through each day – self-medicating, not sleeping , withdrawing from the world that I felt had treated me unfairly.
- Larry B. CT



ARE YOU CARING FOR A CHRONICALLY ILL SPOUSE?

Peer-to-peer support for spouses and partners of those with chronic illness or injury.



- Do you feel alone in your caregiving?
- Family and friends really don't understand?
- No one really gets what you are going through?

YOU ARE NOT ALONE



The Well Spouse™ Association is reaching out to spouses or partners of wounded warriors. We have created a Military Spouses section in the WSA Online Forum, with a military spousal caregiver as moderator.

To honor our Military Families and to thank you for all you do, Military Spouses are granted a one year free supporting membership in WSA. (Call office for details.)



**WHEN ONE IS SICK.....
TWO NEED HELP**

WWW.WELLSPOUSE.ORG



WSA is a community of spousal care *sharers* who understand the daily trials and challenges of spousal caregiving.

We're here to help

Are you looking to talk to others who are spousal caregivers?

You are not alone

Would you like to attend an in-person support group?

**Connect with Mutual Support and
Instant Understanding**

Can you visualize some respite time to allow yourself a break from caregiving duties? *A walk in the woods, a weekend with friends, dinner and a show, or simply some time to rest and recuperate....*

Often our most critical need

Supporting Well Spouse™ Association
Members pay yearly membership dues, entering into a mutual support relationship with the organization.

Membership dues are \$30 per year in the USA, and \$35 for our international members (or \$55/\$60 for two years).
No well spouse is denied membership due to financial hardship. (Call the office for details.) If you cannot afford the full membership dues at this time, we ask that you pay what you can afford (minimum \$5).
Many supporting WSA members start out as members of the WSA Online Forum (free trial period of up to 12 months).

For a list of all member benefits, to join, or to register for our Online Forum please visit us at: WWW.WELLSPOUSE.ORG

WE CAN HELP!.

Caring for a spouse or life-partner offers many challenges. You suffer the loss of your best friend, lover, and partner. You face the roller coaster of exacerbations, the loss of income and often the financial drain of medical care. You must now perform most of the tasks of a couple, even parenting. Your own health and psychological well-being may suffer. Post traumatic stress and depression affect a majority of us. At WSA we understand because we all walk the same path.

Supporting Membership Registration

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____ EMAIL _____
PREFERRED USERNAME _____
(WSA Web Site and Forums)
SPOUSE'S ILLNESS _____
AGE 20-35 _____ 36-45 _____ 46-55 _____ 56-65 _____ >66 _____
CURRENT CAREGIVER _____
SPOUSE IN NURSING HOME _____
SPOUSE DECEASED _____
SEPARATED DIVORCED _____

Supporting Membership Dues

____ One Year \$30 _____ Two Years \$55
(\$35 and \$60 International)
____ Friend of WSA \$30
____ Professional/Clergy/Non-Profit \$50
____ Organization/Institution \$100
____ Additional Contribution \$ _____
____ Military _____ (Branch)

Make checks payable to WSA, Mail to: The Well Spouse Association, 63 West Main Street Ste H, Freehold NJ 07728

