

Who We Are... What We Do - Fact Sheet on the WSA

The Well Spouse® Association is dedicated to the support of wives, husbands, and partners of the chronically ill or disabled.



WSA is the only national organization focusing exclusively on the challenges and issues facing spousal caregivers. We have over 1000 dues paying members and offer military spouses one year free supporting membership.

The founding "well spouses" gained their inspiration from Maggie Strong's book, *Mainstay: for the Well Spouse of the Chronically Ill*, first published in 1988.

The Well Spouse® Association is incorporated in the State of Delaware as a non-profit 501(c)(3) corporation.

We coordinate a Mentorship Program matching new caregivers with "veteran" well spouses.

We coordinate a National Network of Support Groups and Contacts, and we assist well spouses who wish to organize new local area WSA support groups where none currently exist.

We have telephone support groups for spousal caregivers who do not live near a local area WSA support groups.

We publish, email and mail *Mainstay*, our main newsletter every two months, and email *Member Minutes*, our e-newsletter every two weeks.

Parts of our website (www.wellspouse.org) are restricted to Members Only - including an online Forum, a chat line and blogs where members can share their thoughts, feelings, and support each other in confidence.

We help local groups organize Regional Respite Weekends and organize an Annual National Conference for members only.

Other areas are open to non-members including spousal caregivers exploring the site, and the general public. These areas contain the latest announcements, articles of interest, links to other caregiving



sites, a directory of Well Spouse support groups and Contact Persons as well as of professional and corporate partners.

We seek ways to partner with other non-profit organizations such as the National Multiple Sclerosis Society, Medtronic, National Family Caregivers Association and National Alliance for Caregiving, as well as private corporations, to promote activities or publications that will benefit spousal and family caregivers.



WSA is a volunteer-based organization. We rely on membership dues and donations, grants and contributions from private businesses and other charitable organizations to cover our operating expenses, and on the efforts of over 100 volunteers to work with support groups, the Board, Executive Committee and the WSA Office.

Annual dues are \$30 a year in the U.S. and US\$35, internationally (\$55 domestic / US\$55 internationally for 2 years). Reduced fee membership is offered to any spousal caregiver who cannot afford the full annual dues.

Our twin mottoes: When one is sick...two need help - You are not alone