



## WHO WE ARE... WHAT WE DO.

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. 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 **National Network of Support Groups and Contacts**, and we assist well spouses who wish to organize new local support groups. **Telephone Support Groups** are available for both current and former well spouses.

We coordinate a **Mentorship Program** matching new caregivers with “veteran” well spouses.

We coordinate the Opt-In **Connecting Caregivers Program**. Monthly, participants are sent a link to a map of all WSA members who opted into the Program with the hope that they will make connections with other well spouses in their area.

We publish and distribute *Mainstay*, our **bi-monthly newsletter**, written for and by our members.

Our **website (www.wellspouse.org)** contains the latest announcements, articles of interest, links to other caregiving sites, a directory of Well Spouse support groups and Contacts as well as professional and corporate partners. We also offer an online Forum, where members can share their thoughts, feelings, and support each other.

We help local groups organize **Regional Respite Weekends** for spousal caregivers.

We organize and host an **Annual National Conference**.

We seek ways to partner with other 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 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.

Annual dues are \$30 a year. Reduced fee membership is offered to any spousal caregiver who cannot afford the annual dues. We offer military spouses one year free supporting membership.

*When one is sick...two need help*