

CONVERSATIONS THAT CONNECT

Week 4: Caring for the Care Partner

Managing stress.
Finding support.
Taking care of yourself.



LEARNING SERIES
Conversations
That Connect



Rest is
not a luxury.
It's part of
the journey.
❤️

Week 4: Caring for the Care Partner

Managing stress. Finding support. Taking care of yourself. Because your wellbeing matters too.

Care partners do so much—often quietly and selflessly. This week, we focus on you. Join us for practical strategies, meaningful conversations, and a supportive community that understands.

Together, we create connection, support, and hope.



MANAGE STRESS
Simple tools to help you breathe, reset, and recharge.



FIND SUPPORT
Connect with others who truly understand your experience.



TAKE CARE OF YOU
Prioritize your health, needs, and small moments of joy.



YOU MATTER
Your wellbeing strengthens everyone in the journey.



TUESDAY, 9/22/2026
12NOON ET /

SAVE THE DATE

[APHASIA.ORG/EVENTS](https://aphasia.org/events)

Before we get started...



What's going on at the NAA? **Aphasia Announcements for You**

Updated September 22, 2026



Visit the NAA Website
aphasia.org



Contact the NAA
answers@aphasia.org

Care Partner YouTube Playlist



Aphasia Care Partners & Caregivers

Care Partners and Caregivers

by National Aphasia Association

Playlist • 9 videos • 58 views

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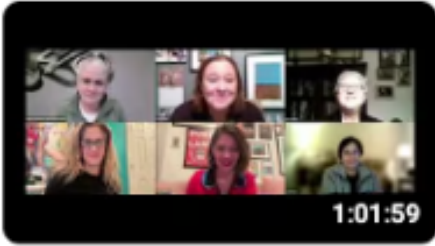


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PPA Awareness Week 2026 - Care Partner Presentation

National Aphasia Association

236 views • 5 months ago



1:01:59

NAA Ask the Expert: Nov 2025 PPA/PPAOS Care Partners

National Aphasia Association

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Care Partners: Relationships - Speaking Out 2025 - Day 2

National Aphasia Association

74 views • 11 months ago



1:01:11

Care Partners: Physical, Mental, and Emotional Self Care - Speaking Out 2025 - Day 1

National Aphasia Association

171 views • 11 months ago



1:03:37

Ask the Expert: The Care Partner Journey, and Managing Care Partner Stress with Carol Dow-Richards

National Aphasia Association

214 views • 2 years ago



1:04:37

Ask the Expert: Understanding the impact of aphasia on care partners with Carol Persad, Ph.D., ABPP

National Aphasia Association

184 views • 2 years ago



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Ask the Expert: Understanding the Impact of Aphasia on Care Partners

with Carol Persad, PhD, ABPP



Ask the Expert: Understanding the impact of aphasia on care partners with Carol Persad, PhD, ABPP
National Aphasia Association

ASK THE **expert**

Understanding the  mpact of aphasia on
care partners and families
with Carol C. Persad, Ph.D., ABPP



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Watch on



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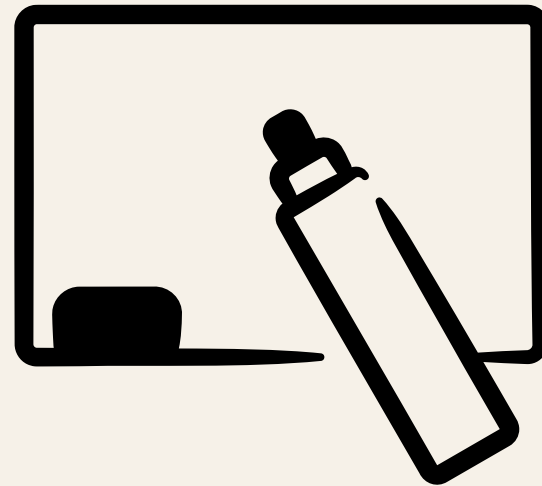
Let's review...

WEEK 1
Understand
aphasia

WEEK 2
Support
communication

WEEK 3
Everyday life

WEEK 4
Caring for the
Care Partner



“Taking care of yourself doesn't mean me first — it means me too.” — L.R. Knost

We've heard them all before...



Care Giving → Care Partners



Spouse / Partner

Son / Daughter

Sibling

Parent

Aide

Care Team Volunteer

Guardian

Grandchild / Extended Family

Who Else??



Aphasia changes life for the whole family.

As we discussed last week, aphasia affects more than communication. And it affects more than just the person with aphasia. It can change routines, roles, plans, and relationships.

HOME

RELATIONSHIPS

WORK

FUTURE PLANS

Care partners are adjusting too.

Care partners wear many hats.

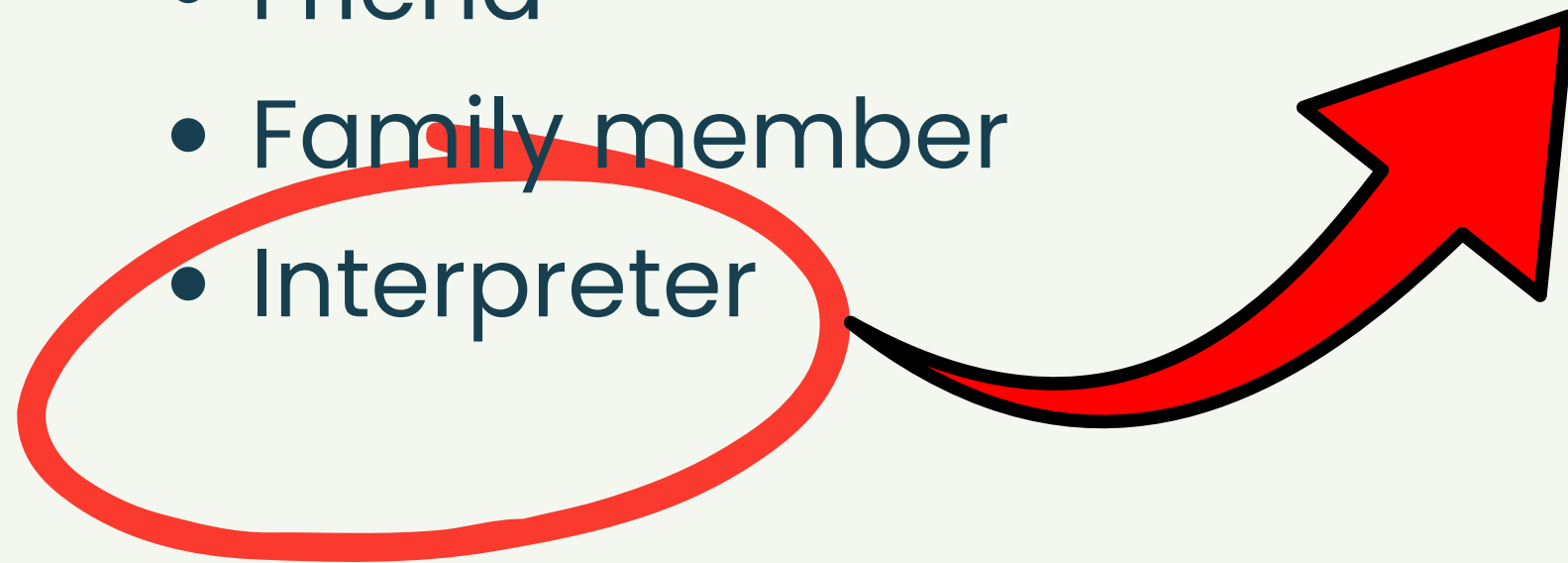
- Partner
- Advocate
- Driver
- Scheduler
- Problem-solver
- Friend
- Family member
- Interpreter

Sometimes all in the same day.



Care partners wear many hats.

- Partner
- Advocate
- Driver
- Scheduler
- Problem-solver
- Friend
- Family member
- Interpreter



*How could
Communication
Partner Training
change this?*

Care Partners...

“How are YOU doing?”

Tired? Worried? Frustrated?

Lonely? Overwhelmed? Hopeful? Grateful?

All of the above?

Remember: There is room for more than one feeling.

STRESS CAN BUILD SLOWLY

Stress does not always look dramatic.

- Trouble sleeping
- Feeling impatient
- Forgetting appointments
- Pulling away from friends
- Feeling guilty taking time
- Feeling always “on”
- Losing interest in joys



Asking for Support ~~=~~ Failure

**What truly
needs “me”?**

**What can
someone else do?**

**What can we
simplify?**

**What can wait?
or be taken off the list?**

Make help specific.



- "Could you bring dinner Tuesday?"
- "Can you drive to the appointment?"
- "Can you sit with him while I take a walk?"
- "Can you make these two phone calls?"
- "Can you come with me to this appointment?"

People often want to help. Specific requests make it easier.

A person is sitting on a porch, holding a teal mug. They are wearing a white sweater and blue pants. The background is a lush green landscape with trees and bushes, seen through a window or glass door.

Self-care does not have to be big.

- Drink coffee quietly
- Take a short walk
- Call a friend
- Listen to music
- Read
- Sit outside
- Rest
- Pray or meditate
- ***What else????***

Ten minutes still counts.

Sometimes everyday support is not enough.

Consider reaching out if:

- Stress feels constant
- Sleep is seriously affected
- You feel unable to cope
- You are withdrawing from everyone
- You feel hopeless
- Your health is suffering



Choose ONE action/support for this week:

- ☐ Ask someone for help
- ☐ Take 20 minutes for yourself
- ☐ Call a friend
- ☐ Return to something you enjoy
- ☐ Join a support group
- ☐ Make one appointment for yourself
- ☐ Say “not today” to something

Small
steps
big ♥
changes



What has been helpful to you?

***What holds you back from
asking for help?***

What helps you recharge?

Let's talk about it.

Ideas from the group

Self-Care Ideas

- Every morning I go for a 20–45 minute walk
- Sit outside and have a cup of coffee before partner wakes up

Concerns

- I worry about leaving my partner alone because he's in a wheelchair; my niece helps a few days a week
- I miss my friends and activities
- Difficulty understanding my partner

Ideas

- Respite care
- Support with housekeeping
- Ask friend to organize a meal train
- Big calendar in kitchen to keep track of appointments, daily activities
- Journaling – write as if you are giving advice to someone else in the situation