

Caregiving for Suspected CTE

Tools & resources to support yourself & your loved one

Suspected CTE & Caregiver Support

Caring for someone with suspected CTE can be challenging, emotional, and often overwhelming. Caregivers play a vital role in supporting daily needs, managing symptoms, and navigating changes in behavior and health.



Watch an in-depth **video** featuring caregivers of suspected CTE patients as they navigate the need and scope of caregiver support.

The importance of self-care for caregivers

As a caregiver for someone with suspected CTE, you've likely put your loved one's needs first for a long time. This is understandable and common within the caregiving community, but we encourage you to remember that you can only effectively help someone else when you first help yourself.

Setting aside time for self-care so your needs are met is an essential part of being a supportive caregiver.

You may find sources of physical, emotional, mental, and spiritual energy from the following activities or practices:

- Regular exercise, even for short periods at a time
- Stress reduction techniques such as meditation, mindfulness, yoga, and breathing practices
- Taking time to enjoy books, music, cooking, and other healthy activities
- Getting proper rest and eating a healthy diet
- Socializing with friends and family and seeking their support when you need it



Meditation and mindfulness for suspected CTE caregivers

A licensed psychologist and CLF Legacy Family Community member, Dr. Shannon Albarelli lost her husband, Mike Albarelli, in 2018. Mike was a high school football player, captain of the lacrosse team at Brown University, and a successful executive before he died at age 38 and was later diagnosed with CTE.

Mike battled symptoms that Dr. Albarelli suspected were caused by CTE, and she turned to meditation to help her endure Mike's progressively worsening health. She now shares this practice with others who are struggling.

Watch this [video](#) of Dr. Albarelli lead a meditation session for those struggling with the long-term effects of brain injuries and their loved ones.

Dr. Albarelli also appeared on our [webinar](#) for Supporting Suspected CTE Caregivers, where she and other suspected CTE caregivers offered advice and coping strategies.

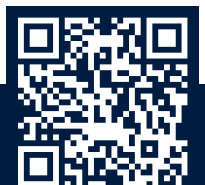
Hear Dr. Albarelli discuss her experience with CTE and how caregivers must prioritize their own self-care.

Always maintain hope

As a caregiver for someone with suspected CTE, it's important that you and your loved one remain hopeful. Many symptoms of CTE are treatable, and there are resources available to help someone battling suspected CTE find support and live a high-quality life.



Watch this [video](#) Dr. Robert Stern, former Director of Clinical Research at the Boston University CTE Center, explains why CTE is not a death sentence. Those who are suffering should have hope that their symptoms can be treated. He explains why loved ones are so important in instilling that hope and why it's crucial that they receive support as caregivers, too.



Caregiving in a crisis

CTE can present cognitive and behavioural symptoms, like impaired judgment, problems with executive function or impulse control, paranoia, and aggression, that can lead to crisis situations.

If your loved one is struggling to cope with symptoms like these and needs additional emotional support, please call the Suicide Crisis HelpLine by dialing 988.

You'll be connected with a trained counsellor, and this service is free, confidential, and available to everyone in Canada.

Watch this [video](#) To learn how to best support your loved one who may be experiencing an emotional crisis. Please watch this CLF webinar with mental health experts, Dr. Ciara Dockery and Dr. David Reiss.

Reach out if you need help

Remember to put your healthcare needs first. If you're feeling anxious, depressed, or generally burnt out, consider reaching out to a licensed counsellor for support.

Caregiving for someone with suspected CTE or a TBI can be an isolating experience, especially when those around you don't understand the nature of this journey.

If you would like to connect with a Peer Support Volunteer, please [Book a Peer Support Call](#).

Other trusted resources for caregiver support

If you're looking for additional support as the caregiver for someone with suspected CTE, you may find these resources helpful.

[CLF HelpLine](#)

[988 Suicide Helpline](#)

[Canadian Centre on Substance Abuse and Addiction](#)

