



Learn more about our
Care Partner program at
<http://cmaware.org/partners>

Care Partner volunteer
opportunity!



RALLY
AGAINST
CHRONIC
MIGRAINE

Our Sponsors can
be found at:
cmaware.org/sponsors

Who We Are



Amplifying

**The Voice of the Chronic
Migraine Community**

Chronic Migraine Awareness is a 501(c)
(3) nonprofit amplifying the voice of the
chronic migraine community, offering
support, information, and education to
empower individuals to advocate for
their own health.

Care Partner Support Resources



Care Partner Page:
cmaware.org/partners
Facebook Group:
cmaware.org/partnerfb
Virtual Support Group:
cmaware.org/partners

FIND US ONLINE!

ChronicMigraineAwareness.org
@CMAware @ChronicMigraineAwareness



**Do you care for
someone living with
chronic migraine?**



Why Care Partner vs Caregiver?

PARTNERS IN CARE
CHRONIC MIGRAINE AWARENESS

Caring is often a two-way street and this is more accurately captured by the term care partner than caregiver. A partnership is characterized by mutual cooperation. There are opportunities to give as well as receive by the person with a chronic disease as well as their partner.

The term care partner is more inclusive and words do matter. Care partner evokes a mutual sense of purpose as each person in the partnership has a role in the care and support provided. Below are some helpful self-care tips as you partner in care:

Seek support from other care partners.

- Find a support group.
- Look into resources for care partners.
- Look into services designed to support care partners, such as transportation, grocery or meal delivery and housekeeping.

Take care of your health.

- Set personal health goals to establish a good sleep routine, time to be physically active, eat healthy and stay hydrated.
- See your own doctor and keep up to date on wellness checks.

Accept offers of help and seek social support

- Suggest specific things family, friends and neighbors can do to help.
- Stay connected with family or friends who can offer non-judgemental emotional support.

Learn effective ways to communicate with doctors (there maybe times when it is difficult for your partner with migraine to communicate)

- Prior to appointments work with your partner to write down questions, symptoms, medications, etc.
- Practice assertive communication skills

Practice self-care and take respite breaks often.

- Practice good sleep hygiene
- Schedule time for a hobby or something you enjoy
- Engage in movement or exercise activities
- Maintain a healthy diet

Take care of your mental health. Watch out for signs of depression and anxiety.

- Do not put off seeking out a therapist.

Find more self-care tips on our website at <http://cmaware.org/partners>

Tips & Tricks Being a Care Partner

Be a good listener. Reflective listening involves understanding the speaker's thoughts and feelings then repeating them back to ensure they have been properly understood. This strategy lets the person know they are heard and understood.

Communicate. Use and encourage I statements to communicate feelings and needs ex. I feel... when...I would like....

Give space. Allow your loved one space to feel and process their feelings as well as a safe, comfortable physical space when having a migraine attack.

Be flexible. Migraine attacks often

come on unexpectedly, be ready to change plans and change course.

Be prepared. Be ready for the next attack, whether it is with treatment or alternative plans.

Have empathy. Listen and validate your loved one's feelings and experience.

Have a sense of humor. Humor is a wonderful coping skill when living with the challenges of migraine disease.

Don't...Offer unsolicited advice

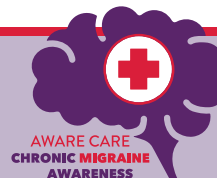
Don't...Give a guilt trip

Don't...Judge

Don't...Be rigid with plans

Virtual Support Groups for Care Partners are held every week!

<http://cmaware.org/partners>



JUNE 29th
CHRONIC MIGRAINE AWARENESS DAY
#RallyAgainstChronicMigraine

On Chronic Migraine Awareness Day
June 29th & All Year Long!
<http://cmaware.org/rally>

RALLY AGAINST CHRONIC MIGRAINE

DO YOU KNOW THESE CHRONIC MIGRAINE FACTS?

- ⊕ Chronic migraine is defined as eight migraine attacks per month, with headache occurring on 15 or more days per month. – International Headache Society
- ⊕ Eighty-eight percent of chronic migraine patients had at least one additional comorbid condition, while 39 percent of chronic migraine patients had 4 or more comorbid conditions. – Headache and Migraine Forum
- ⊕ Each year about three percent of people with episodic migraine experience a transition in their condition to chronic migraine. – Paul Lader, MD
- ⊕ Migraine is the leading cause of disability among all neurological disorders. – Journal of Headache and Pain
- ⊕ Worldwide, just four hours are committed to headache disorders in formal undergraduate medical training, and 10 hours in specialist training. – World Health Organization
- ⊕ During a migraine attack, about 90% of people are unable to work or function normally. – Buse, Rupnow, Lipton
- ⊕ Migraine attacks can cause significant head pain lasting four hours to days, which is often accompanied by symptoms such as nausea, vomiting, and extreme sensitivity to light and sound. These symptoms can be so severe they are disabling. – Mayo Clinic
- ⊕ Migraine impacts one 1 in 7 people worldwide. – Journal of Headache and Pain
- ⊕ Despite the burden associated with migraine, it remains stigmatized, underestimated as a major clinical problem, underdiagnosed, and undertreated. – Academy of Neurology