

R.E.S.T. FOR CAREGIVERS

Care for yourself while caring for someone with HHT



R

RECOGNIZE BURNOUT



Watch for exhaustion, irritability, anxiety, poor sleep, headaches, resentment, numbness, or feeling like you cannot keep up.

Burnout is not failure. It is a signal that you need support.

E

EASE THE LOAD

Ask for specific help: meals, rides, errands, childcare, appointment support, paperwork help, or someone to sit with your loved one while you rest.



People are more likely to help when they know exactly what to do.

S

SEEK CAREGIVER SUPPORT



Look for resources designed for caregivers and rare disease families:

- Family Caregiver Alliance
- Caregiver Action Network
- NORD Rare Caregiver Respite Program
- ARCH National Respite Network
- Eldercare Locator
- Cure HHT resources and Centers of Excellence

You deserve support from people who understand your experience.

T

TAKE BACK JOY

Make room for ordinary, restorative moments: coffee with a friend, music, walks, family outings, quiet time, concerts, travel, or a day that is not centered on illness.

Helpful experience-based resources may include:

- Road Scholar Caregiver Grants
- Dream Foundation
- SeriousFun Children's Network
- The Hole in the Wall Gang Camp
- There With Care
- Local respite or community support programs



Joy is not selfish. It is part of staying well.

REMEMBER

Caregivers are visible, too.

Your health matters.

Your rest matters.

Your life matters.

Asking for help is not stepping back from care — it is how care becomes sustainable.



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