

## Caregivers' Concerns about Autoimmune Disease

My loved one is having symptoms of depression. Is there something I can do?

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Should I find someone to come in and care for my loved one?

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I noticed a rash on her arm. Could this be a reaction from one of her medications?

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Her urine output is not as frequent as it should be. Should I be concerned?

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Should I limit the visitors my love one has? She's very tired at the end of the day.

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I need more information about the disease. Are there other resources available?

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She's sleeping more often than usual. Is this a symptom of fatigue?

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What can I do to make her feel better?

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Is there a support group for caregivers? And if so, can you refer me to one?

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**Consider wearing a medical ID bracelet or carry a Medi-alert card in your wallet.**

Visit [MamasHealth.com](http://www.MamasHealth.com) for more information

<http://www.MamasHealth.com/auto/>



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