



NAVIGATING THE JOURNEY AS A CAREGIVER

Your **loved one** has a diagnosis of **Obsessive-Compulsive Disorder (OCD)**.

What's next?

Behaviors and Challenges You May Recognize

OCD is an anxiety disorder characterized by intrusive urges to relieve ongoing anxiety. People with OCD may find it difficult or impossible to ignore pressing thoughts of acting on compulsions. These thoughts and actions may make it challenging for your loved one to go about life as normal.

They may be experiencing:

- Ritualistic behaviors that take up a lot of time
- Related tardiness or difficulty managing time independently
- Struggling with hoarding tendencies
- Bodily or property damage from repetitive behaviors
- Anxiety-related health issues (headaches), as well as extreme health worry (fear of cancer)
- Invasive thoughts they may find disturbing
- Aversion to situations where comfort rituals are difficult to complete
- Relying on accommodation from loved ones for their rituals
- Anxiety reactions to ideas that may be difficult for others to understand

This journey of navigating your loved one's OCD diagnosis may look daunting at first. Yet, it can help to shift that compass and look at this journey as an opportunity for GROWTH. On this journey, you can NURTURE your relationship with your loved one AND yourself.

Supporting Your Loved One

You and your loved one are embarking on a growth journey and will navigate their diagnosis TOGETHER. Be PATIENT with your loved one AND yourself as you learn which coping strategies are most helpful.

The greatest gift we can give our loved ones is ACCEPTANCE of what they are going through in the moment. To help them you can also practice boundary-setting, utilize outside help, and take care of YOU! It will empower you BOTH on this journey for you to give yourself love and rest. YOU will be more able to give the care they need and THEY will witness your self-care example.

You can also provide your loved with resources. See the next page for ways to help manage OCD.

If you are currently experiencing a crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741-741.

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Resources for You and Your Loved One

- **The National Institute of Mental Health** on OCD <http://bit.ly/NIMHOCD>
- **The National Alliance on Mental Illness** on OCD <http://bit.ly/NAMIOCD>
- OCD information from **Mental Health America** <http://bit.ly/MHAOCD>
- Treatment options from **The Anxiety & Depression Association of America** <http://bit.ly/adaaOCD>
- Strategies for families from **The International OCD Foundation (IOCDF)** <http://bit.ly/familystrategiesOCD>
- Search engine for OCD support in your area, also from **IOCDF** <http://bit.ly/OCDcaresearch>
- A Handbook for Caregivers of OCD by **Yishun Health** <http://bit.ly/OCDhandbook>
- **The OCD Stories** podcasts for hope <http://bit.ly/OCDhope>
- Choosing the right therapist for OCD from **BeyondOCD** <http://bit.ly/OCDtherapychoice>
- **Peace of Mind Foundation** offers a kind word to siblings of persons with OCD <https://bit.ly/OCDsiblings>
- A free, self-guided program called **OCDChallenge** <http://bit.ly/OCDprogram>
- An OCD medication guide from **University of Florida Health** <http://bit.ly/OCDmeditations>
- **OCDSupport**, a psychologist-moderated forum support group <http://bit.ly/groupsupportOCD>
- Helpful worksheets for OCD from **Psychology Tools** <http://bit.ly/OCDworksheets>
- **AgingCare** on OCD in the elderly <http://bit.ly/OCDinelders>
- Family accommodation scale from the *Journal of Obsessive-Compulsive and Related Disorders*. <http://bit.ly/OCDfamilyscale>

Preventing Caregiver Burnout

We give our BEST care when we are also taking care of ourselves! Make time to recharge, even with a short moment that's just for YOU. Connecting with other caregivers is another powerful form of self-care. Learn more about our One-to-One Caregiver Peer Support program on [our website](#).

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