Intimacy Issues for Caregivers
School For Military Veteran Caregivers and Their Families

Tips: Important Strategies

- Communication is the first step in recovering intimacy: be vulnerable and honest with your partner about your feelings.
- Connect with respite care to alleviate daily caregiving stressors and address your personal needs.
- Reach out to the medical and mental health providers for your Veteran care recipient. They can help you understand challenges and limitations.
- Be open to develop a new form of intimacy: try new consensual activities if you are both comfortable.
- Caregivers Support Coordinators can help connect you with a coach or therapist for approaching difficult conversations and assist with developing new forms of intimacy.

Takeaways: Things to Remember

- Intimacy is a close familiarity, connection or friendship with two or more people and has four components: physical, mental, emotional and experiential.
- Health benefits of intimacy include reduction in stress, better health, longer life, and improved quality of life.
- Injury can affect intimacy in many ways, including anxiety, sleep disturbance, communication problems, privacy issues, changing roles, emotional burden, and physical exhaustion.
- Intimacy issues can be the result of physical or emotional changes. These can be complicated and difficult to navigate. The providers who care for the Veteran in your life can help you understand.

Next Recommended PsychArmor Courses:

- Leaning In: Investing in a challenging relationship
- Stepping Into Stillness: Maintaining Your Center of Gravity When Caring for a Veteran Loved One

Personal Reflection

In what ways has intimacy changed for the Veteran in my life and me? What are some new ways to be intimate together?

Resources:

Operation Family Caregiver  http://www.operationfamilycaregiver.org/about_us/
VA Caregiver Support  https://www.caregiver.va.gov/
Hidden Heroes  https://hiddenheroes.org/

PsychArmor Support Line: 1.844.779.2427  www.psycharmor.org