



When caregiving changes your friendship

Ask for the kind of connection that still fits your life.

A note from Victoria

It hurts when invitations fade or every conversation becomes a medical update. You are still a whole person with interests beyond care.

What to do

Think of one friend who has shown care in a way you can receive. Ask for a low-pressure form of connection: a short walk, a message without expectation, or company during an errand. Tell them if you want to talk about care or not. If a friendship is strained, name a small, specific request instead of trying to explain your whole situation at once.

Words you can use

"I miss talking with you. Could we have twenty minutes together this week and talk about ordinary things? I may need to reschedule, but I want to try."

One useful step I can take today:

I could start with: Choose one person and one kind of contact that would feel restorative.

The strength I see in you

Reaching toward friendship while carrying responsibility takes courage.



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Use this page in your own words. You can leave any part blank.

The friend I miss

A kind of connection I can manage

One invitation I could make

My next manageable step

A person, service, or place I can turn to (if useful)

Peer support and organization, not medical or legal advice. Follow the treating team's instructions. For urgent danger or symptoms, contact emergency services or the clinician.