



I Am Supporting Someone With Psoriatic Disease

You are a valuable part of our community. Psoriatic disease is much more manageable with the help of compassionate people like you.

What is a care partner?

A care partner may be a spouse, partner, child, parent, relative, friend, or neighbor. No matter what your relationship is, a [care partner](#) helps manage day-to-day life with this chronic disease. Some care partners are fully immersed in caring for a person, while others offer an occasional helping hand. The level of support a care partner provides can vary greatly, but may include things like arranging medical appointments and assisting with medications (for example, giving injections or getting prescriptions filled).

How can I best help someone with psoriatic disease?

It is important for a care partner to learn about the disease and how it can impact a person's body and life. From making treatment decisions to talking about the disease, care partners can offer support and be strong advocates for their loved one's health.

How can someone with psoriatic disease help their care partner?

A person with psoriatic disease can teach their care partner about psoriatic disease, treatment options, and emotional impacts. Remember, the more a care partner knows, the better they can help.

Also, the stress of caring for someone can take a toll on a care partner's physical and emotional health. It is important for care partners to practice self-care.