

# hey caregivers, need a *lift*?

It's not always easy to care for someone who has had a stroke. Where do you turn when you need advice? When you need more information? When you need emotional support? Millions of people are touched by the effects of stroke, and a growing number of caregivers are reaching out at [disaboom.com](http://disaboom.com).

Chat, blog, post a discussion topic or read other people's thoughts about being a caregiver. Read health articles relating to strokes and their effects, or lifestyle articles on topics like caregiving, accessibility and travel.

*Get in the mix.* Join the premier community for anyone living with a functional limitation or disability.

*Connecting the millions touched by disability.*

**disaboom**  
*live forward*

