



M.A.C.K. Foundation ALS Caregiver Guide

Supporting families navigating ALS with compassion, guidance, and trusted resources.

Get Help Now

- Contact a trusted ALS organization immediately
- Schedule an ALS clinic appointment
- Build your care team
- Connect with family support

Daily Care Guide

- Morning: Hygiene, medications, meals
- Midday: Mobility, nutrition, rest
- Evening: Comfort, medications, bedtime care
- Ongoing: Emotional support and monitoring

Caregiver Support

- Join support groups
- Talk with counselors or social workers
- Use respite care when available

- Stay informed about ALS resources

A Word of Encouragement

- You are not alone
- Take one step at a time
- Your strength and care matter deeply

M.A.C.K. Foundation — Merit & Academics for Christ's Kingdom