

CaringBridge helps patient engage with support network

While changing a co-worker's flat tire on the shoulder of a busy freeway, Aaron Holm was pinned between vehicles when an inattentive driver crashed into the stopped vehicles. As a result of the accident, Aaron lost both of his legs above the knee.

Aaron's wife, Amanda, quickly amassed \$1,000 in cell phone overage charges as she struggled to update family and friends in the first days after the accident. This burden was soon lifted when a close friend created a CaringBridge website for Aaron to centralize communication.

Rather than individually contacting each member of their support system, Aaron and Amanda were able to update everyone concerned with just one journal entry. This helped them reduce their feelings of isolation and stress during the difficult time.

CaringBridge is a charitable nonprofit providing free, private websites that connect family and friends to share information, love and support during a serious health event, care and recovery.

The CaringBridge site also helped Aaron and Amanda build therapeutic connections with their support network, allowing family and friends to send messages of love and encouragement through Aaron's guestbook.

"Because of the people around me and being able to engage them through CaringBridge," says Aaron, "I was able to put the accident behind me and start planning for the future."

Aaron's CaringBridge site is just one of 160,000 personal sites that connect over half-a-million people daily. Since its founding in 1997, the CaringBridge community has grown to include authors and visitors in all 50 states and more than 225 countries and territories around the world.