Abstract
The chronic and acquired diseases are predominantly in the scenario of public health in several countries, including Brazil. From that circumstance, there is the need for changes in habits and lifestyle of the chronic patients in order to limit the possible risks and complications. The family, represented by the figure of the main carer, has a key role in caring for the patient by positively influence in his adherence to treatment. However, the act of caring brings wear on his physical and mental health, if untreated, represent risk factors for the development of chronic disease. The case study is to demonstrate the importance of supporting a caregiver of a chronic renal failure bearer, thus minimizing the risk factors that can lead him to chronicity.

Keywords
Primary caregiver, health and illness, quality of life.