

Self care for carers



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What is this toolkit about?

Caring can be rewarding but it is also demanding. Caring for others can result in you neglecting your own well-being. This toolkit contains well-being tips and resources for carers, in the following areas:

Health

Relationships

Practical support

Additional resources



5 ways to support your health as a carer



- Make time for self-care - whether it's a walk in nature, a hot bath, reading your favourite book or talking to a friend, making time for yourself is not selfish.
- Eat to support your health - it may be tempting to grab whatever is available or skip meals when you are caring for others, but eating a healthy, balanced diet will boost your energy and your well-being.
- Ask for help - if you are struggling with stress or low mood, check in with your GP. Remember, it takes strength to ask for help.
- Look after your back - if your caring duties require you to move the person you are caring for, e.g. to help with personal care, this can put strain on your back. Stretching and getting some form of exercise regularly may help keep your back healthy.
- Don't be too hard on yourself - you are a human being and human beings aren't perfect! There may be days when you feel like you can't cope or don't want to be a carer for your family member. It's OK to take a break.



3 useful organisations

U.K. based organisations that offer support to carers



CARERS UK

www.carersuk.org



CARERS INFO

www.carersinfo.org.uk



CARERS TRUST

www.carers.org

Your relationship with the person you care for



All relationships are different. But these tips might help your relationship with the person you are caring for:

- Give yourselves time to get used to the change in your roles, and talk about the changes.
- Try to be honest with each other about your feelings. Listen to each other's needs and find ways to meet them.
- Set boundaries to help you both keep your independence and feel in control.
- Make sure the person you are caring for knows they are still in control.
- It is important they know they always have a choice in decisions that affect them.
- Do not be afraid to be yourself, or to use laughter and humour in the right situations. Try to do things together that are fun. Laughing together can make you both feel less stressed.

Source: <https://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-carers/your-relationships-as-a-carer>