



LOOKING AFTER YOURSELF AS A CARER

A resource to keep with you. Practical guidance and support for carers, from the Improving Lives carers team at Improving Lives Plymouth.

Introduction

When caring for someone, it is important to look after your own health and wellbeing. This helps you to have the energy and strength required for your role as carer. the Improving Lives carers team can offer support, advice and information to help you and your family whilst you are caring.

THE IMPROVING LIVES CARERS TEAM

Please telephone 01752 201890 or email caringforcarers@improvinglives.org.uk

It is important for you to keep doing the activities you enjoy outside of your caring role. Taking regular breaks from caring will help you avoid becoming worn out. Take the time to do something for yourself every day.

Don't feel guilty about caring for yourself. Many people receiving care feel better if they know their carers are taking time for enjoyment and rest. It may not be possible to take away all the stress but taking some steps to look after yourself will help.

Your health and wellbeing

It can be easy to put your own needs last, but it is important if you are feeling tired or stressed to look after yourself so you are still able to care for the person that needs you the most.

- **Get some exercise.** Do something physical like a walk or stretching. Try and do an exercise you enjoy. It will help you maintain your energy.
- **Get enough sleep.** Carers often have trouble sleeping. Limit coffee and alcohol especially in the latter part of the day. Try relaxing with a warm bath or herbal tea or soothing music before bedtime. If you can't fall asleep after 20 minutes, get up and do something else then try again. Try a brief rest in the daytime if your night's sleep is disturbed. If you find sleeping difficult on a regular basis, see GP for advice.
- **Maintain a healthy diet.** Sometimes this can be hard, especially if your appetite is not so good. But you need your strength so eat a balanced diet and remember to 'treat' yourself sometimes with food you enjoy.
- **Do something for yourself every day.** List ten things you enjoy that would give you a short break and renew your energy. Do one of these each day.
- **Be social.** Try to maintain social contact with friends and keep up your usual activities as much as possible. Join a carer's support group for peer support to boost your morale.
- **Practice your own spirituality or religion.** Whether it be meditation, yoga, prayer or discussion with a pastoral worker, maintaining religious or spiritual practice will help you look after yourself.

Your emotional health

The emotional demands of caring for someone can be high. As a carer, it is important to look after your own emotional needs. This is important so you can continue your caring role and maintain your own emotional resilience.

If the situation seems hopeless, some people find it helpful having hope for small things. For example, you may not be able to hope for a cure for the person you care for, but you can hope that they have a good day today.

Friends and family can offer significant support, but you may find it helpful to speak with a healthcare professional such as a counsellor. Often someone without an emotional connection to you or the person you care for will help you see things clearly.

A COUNSELLOR CAN HELP BY

- suggesting strategies for managing relationships
- giving you ideas for keeping communication channels open
- advising you how to balance your caring role with your own needs

Many healthcare professionals and services offer some level of counselling support. Start by speaking with your GP. They may then refer you to a specialist counselling service, if needed.

Accepting help

Often it is reported by carers that they didn't seek help for themselves as their loved one's needs are more important. Carers also feel that health professionals are too busy to ask for help.

Remember that you are an important part of the care team and your wellbeing is vital to being able to provide support. Part of the health care professionals' responsibility is to provide you as a carer with assistance and support, so don't be afraid to ask for help.

Using respite services

Carer support and respite services can help you to take a break from your caring role. Ask a Carers Support Coordinator or Social Worker about your respite care options. Day respite breaks may be available but if you need a longer break, the person you are caring for could go into respite care, so you can have some time away to rest and recuperate.

If you are feeling distressed, frustrated, guilty, exhausted, or annoyed, it is important to know that these feelings are normal. If you find your role as a carer overwhelming, it may help to discuss your feelings with your GP or a counsellor.

More suggestions for help for carers

Other ideas that may help you, and that you may not have thought of, include:

- **Take one day at a time.** While thinking about the future is normal, try and focus on the challenges of caring just one day at a time.
- **Keep a diary of issues.** This can help you keep track of issues and serve as a reminder when meetings with health professionals occur, or others ask for information.
- **Ask a friend to stay overnight.** It may help you get a good night's sleep and provide extra company.
- **Get someone to do your household chores.** Ask a relative or consider a local private service.
- **Consider a regular email update to friends and relatives.** This can keep people updated and reduce the number of phone calls to make.
- **Make a list of friends or relatives that can help.** A list can clarify how many others you can call on.
- **Ask friends or relatives to prepare meals.** People are often willing to help. If this isn't possible consider a home delivery service for meals.
- **Discuss flexible work options with your employer.** Many employers offer flexible working arrangements. Talk to them about possible options.
- **Set up a rota.** Caring for your loved one could be shared by using a rota system if more than one person is providing care.
- **Give yourself regular rewards.** Take a break, do something special that lifts your spirits and makes you feel good.

Useful links to help carers look after themselves

TOPIC	LINK
Exercise	walkingforhealth.org.uk/walkfinder/walk-and-talk-plymouth livewellsouthwest.co.uk/weight-management/weight-management-programme-patients/physical-activity
Sleep	carers.org/taking-care-of-yourself/support-if-you-are-having-sleep-problems nhs.uk/Livewell/tiredness-and-fatigue/Pages/lack-of-sleep-health-risks.aspx nhs.uk/LiveWell/sleep/Pages/sleep-home.aspx sleepcouncil.org.uk
Healthy diet	carersuk.org/help-and-advice/health/nutrition/eating-well nhs.uk/livewell/goodfood/Pages/Goodfoodhome.aspx
Carers support groups in Plymouth	improvinglives.org.uk/our-services/caring-for-carers/cfc-meeting-other-carers
Emotional health	mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/looking-after-yourself
Self-care resources	livewellsouthwest.co.uk/plymouth-options carers.org/taking-care-of-yourself/taking-care-of-yourself About Me – E learning from Carers UK: carersuk.org/for-professionals/digital-resource/107-products-and-technology/4829-about-me-e-learning

Talk to us

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Support, advice and information to help you and your family whilst you are caring.

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