



ADVICE FOR CARERS



# advice for CARERS

- **TAKE CARE OF YOURSELF.** It's easy to focus on the well-being of the person you are caring for and forget about your own needs but it is essential to make sure that you can carry on doing a good job as a carer. Set aside time to recharge your batteries.
- **GET SUPPORT.** Spending time with other carers can be a great way for you to recognise how demanding your role as a carer can be. If you are becoming overwhelmed, respite support services can help you to take a break from your caring role.
- **CHALLENGE YOUR THOUGHTS.** When you are feeling down you may focus more on the negative and forget the things that are going well in your life. Challenge your thoughts by asking yourself, "*Am I setting myself unobtainable or unrealistic standards?*", "*Am I being my own worst critic?*", "*Am I focusing on the bad in situations?*"
- **RECOGNISE YOUR ACHIEVEMENTS.** Congratulate yourself on coping with the everyday demands of caring and providing support to someone who needs you.