

STAGES OF CARING

Note: These are generalisations and may not reflect how you feel.

First time carers

Fear for the person and of the unknown. Feeling overwhelmed, with anxiety at high levels. Powerlessness, lack of control. Sometimes denial that problems exist.

Early carers

Intense involvement, searching for answers, trying to restore things back to previous levels.

Experienced carers

Managed level of care. Able to balance their own needs with their loved ones needs. Increased levels of assertiveness and confidence.

Veteran carers

Acceptance of situation, advocates for others in similar situations.