

TEN TIPS FOR FEELING GOOD ABOUT CARING

1. Remember that as a carer your needs are related to the person you care for but they are also different. Be aware of other roles in life.
2. To feel good about your relationship with the person you are caring for you need to feel good about yourself. Work on it.
3. To feel good about your caring you will probably need to share the caring with others.
4. You also need to be listened to, understood, not judged when talking about the difficult aspects of caring. Find someone you trust to confide in.
5. Ask for help or support before you reach breaking point. Think of it as 'managing the care' with a positive outcome.
6. Find ways to reduce the isolation which often accompanies being a carer.
7. Spend time looking after yourself and keeping up with your outside interests if at all possible. That will help you keep your life in balance.
8. Keep your informal links and networks, they are invaluable.
9. Remember service providers are there to help you – talk to them.
10. If you keep a sense of yourself as a separate identity to the person you are caring for, you will feel positive about your caring.

