

YOU ARE NOT ALONE

Ongoing support

Support options checklist

There is no right or wrong way to get the support you need.

Choose what is right for you right now, and reassess from time-to-time to make sure it's still the support you need.

We've prepared a checklist of things to keep in mind as you consider your support options.

“I belong to a carers support group and I go to an exercise physiologist 5 days a week for 45 minutes. This is what has kept me sane, and I have a great GP!”

A mother who cares for her adult daughter

- How do your cultural, financial or spiritual needs influence the kind of support most helpful for you?
- You'll receive a lot of well-meant information and advice from others. Take control of all these snippets by dividing them by what is 'useful right now', 'interesting but not useful, or 'thoughts for the future'.
- Make strategies for getting through the bad days. Going for a walk, calling a friend, writing down your thoughts, or just practicing some self-compassion can help.

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“Understanding the psychology and what steps to take to help without impact on the support persons family (is key to long term self-care)”

A father who cares for his adult son