

### **Caring with Confidence**

Caring with Confidence is a free programme for carers that helps build skills and knowledge.

*See Useful Contacts leaflet for details*

### **Citizens Advice**

Free, independent and confidential advice on issues including welfare benefits

*See Useful Contacts leaflet for details*

### **Direct Gov**

Government information about services, carers' rights, benefits advice and respite care. Visit [www.direct.gov.uk](http://www.direct.gov.uk)

### **Direct Payments**

Direct Payments are sums of money paid by social services to enable carers to buy services or equipment instead of receiving them direct from your local council.

*See Carers' Rights leaflet for more details*

### **Gloucestershire Lifestyles Buddy Scheme**

This scheme gives respite care to carers by providing a volunteer to engage with the person they care for.

*See Useful Contacts leaflet for details*

### **Neighbourhood Projects**

Neighbourhood Projects offer family support, welfare and health advice, training courses and social activities.

*See Useful Contacts leaflet for details*

If you would like further information, additional copies or would like to receive this leaflet in another language, large print or audio format please contact the Trust Communications Team at Trust Headquarters, Rikenel, Montpellier, Gloucester GL1 1LY. You can email us at [2gether.comms@glos.nhs.uk](mailto:2gether.comms@glos.nhs.uk) or call us on 01452 891604.

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## **Information for carers**

### Taking Care of Yourself and Respite Care

**2gether**  
Making life better

## Taking care of yourself and respite care

If you are a carer it is important to look after yourself and stay well so you can continue in your caring role.

It is upsetting if the person you care for is distressed or you find yourself in a role you did not choose. Many carers experience depression, sleeplessness or anxiety due to the demands of their role.

The following tips can help you to look after yourself:

- Continue doing activities you enjoy
- Talk to friends and family about how you feel
- Join a support group and share your experiences with others who understand
- Make time for yourself each day – go for a walk, watch television, listen to music
- Exercise regularly
- Eat healthy food
- Talk to your GP about your caring role. Ask about stress management workshops or counselling if you feel you need them
- Find out more about the illness of the person you care for – this can help to reduce your anxiety or stress
- Be clear about what you can and cannot do – and stick to it!

### Respite care

If you go too long without a proper break you may become ill, which can make life more difficult for you and the person you care for. Having some time off can make all the difference to your health and quality of life.

Respite care is short-term care provided for someone who normally lives at home so their carer can have a break. In many cases, respite care also benefits the service user by helping them to get out of the house, meet new people or take part in interesting activities.

Respite care includes:

- **Residential respite care:** the person you care for is looked after elsewhere for a while
- **Emergency respite care:** care is provided because you cannot fulfil your caring role due to unforeseen circumstances, such as illness

- **Domiciliary care:** a care worker comes into your home and takes on some of your responsibilities for a short time
- **Day centre care:** the person you care for spends time at a day centre while you have a break

### Carer Education and Support Groups

Carer Education and Support Groups provide:

- Time to talk, share experiences and support each other
- Visiting speakers on mental health issues and services
- Increased understanding of mental illness, its causes, symptoms and treatment
- Information on carers' rights
- A social event
- Ask the Care Team if a group runs in your area

### What help can I get?

Make sure you ask for help when you need it. This does not mean you are failing to cope. In fact, it will help you continue caring for much longer.

### Carers' Assessments

Carers have a legal right to an assessment of their needs. It is your chance to discuss what help you need to look after the person you care for and maintain your own health and wellbeing.

*See Carers' Assessments leaflet for details*

### Carers Direct

Free, confidential information and advice for carers.

*See Useful Contacts leaflet for details*

### Carers' Flexible Services

Carers' Flexible Services are tailored specifically to the needs of individual carers. Carers cannot access this scheme direct but social care or health professionals can access it on behalf of the carers they work with.

### Carers Gloucestershire

Information, support and courses for carers, plus help to access all the benefits they are entitled to.

*See Useful Contacts leaflet for details*