



NURTURING YOURSELF WHILE CARING FOR A LOVED ONE

Caring for a loved one can be one of the most rewarding experiences in life, but it can also be physically, emotionally, and mentally draining. It is important to prioritise your own wellbeing when providing support and assistance to someone else, whether that be an ill or injured veteran, young children, or ageing parents. Below are some practical self-care tips to help you maintain balance and prevent caregiver burnout.

Guide to self care

Prioritise self-care: Make self-care a non-negotiable part of your daily routine. Schedule regular breaks for yourself, even if it's just a few minutes to relax, breathe deeply, or engage in a favourite hobby.

Set boundaries: Establish clear boundaries between your caregiving responsibilities and personal time. Communicate your limits to others involved in the caregiving process and don't be afraid to ask for help when needed.

Seek support: Build a support network of friends, family members, or support groups who understand your situation and can offer emotional support and practical assistance when necessary. Talking to others who are in similar situations can be incredibly validating and comforting.

Take care of your physical health: Remember to prioritize your own health by eating nutritious meals, staying hydrated, exercising regularly, and getting enough sleep.

Physical wellbeing is closely linked to mental and emotional resilience.

Practice stress reducing techniques: Incorporate stress-relief techniques such as deep breathing exercises, meditation, yoga, or mindfulness into your daily routine. These practices can help reduce feelings of anxiety and promote a sense of calm and relaxation.

Maintain hobbies and interests: Make time for activities and interests that bring you joy and fulfilment outside of your caregiving role. Whether it's reading, gardening, listening to music, or crafting, engaging in activities you love can help recharge your batteries and prevent burnout.

Stay connected: Nurture your relationships with friends and family members outside of your caregiving duties. Stay connected with loved ones who can provide emotional support, companionship, and a sense of normalcy.

Monitor your mental health: Pay attention to your emotional wellbeing and seek professional help if you're experiencing symptoms of depression, anxiety, or caregiver burnout. Counselling or therapy can provide valuable support and coping strategies.

Practice self-compassion: Be gentle with yourself and recognize that it's okay to feel overwhelmed or exhausted at times. Practice self-compassion by acknowledging your efforts and giving yourself permission to take breaks and prioritize your own needs.



FAMILIES OF VETERANS GUILD

Helpful resources for Carers

Remember, you cannot pour from an empty cup. Creating space in your everyday life to fill your cup with love and self-care can be the kindest thing you do for yourself and your family. Prioritising your own wellbeing can help you to continue in your role as carer for your loved one.

Carer Gateway

Carer Gateway are a free national Government service providing emotional and practical support to carers of any age to people with a disability, medical condition, mental illness, or are frail due to age. Carer Gateway have a range of translated and accessible resources available for Aboriginal and Torres Strait Islander and culturally and linguistically diverse carers.

Supports can include:

- Peer support groups (in-person or online)
- Phone counselling (in-person or online)
- Online skills courses
- Tailored support packages
- Self-guided coaching (in-person or online)
- Access to emergency respite.

Phone: 1800 422 737 (Mon – Fri 8am – 5pm)

Website: www.carergateway.gov.au

Centrelink

The Carers Allowance is a supplementary payment if you care for someone who has a disability, medical condition, or who is frail and requires daily support for at least a period of 12 months or has a terminal condition. Carer Allowance is \$153.50 fortnightly. Individuals need to apply via Centrelink.

Phone: 132 717

Website: www.servicesaustralia.gov.au/carers-allowance

Carer Payment is a payment for carers who provide constant care to someone for at least 6 months with a disability, medical condition, a frail adult or elderly person, or someone who is terminally ill. Carer payment is taxable if you or the person you are supporting is of pension age. You may still get Carer Payment if you take time away from caring for up to 25 hours a week to work, study, or train.

Phone: 132 717

Website: www.servicesaustralia.gov.au/carers-payment

