

Caring for your loved ones

Care Day
FEBRUARY
Carers Week
JUNE



Caring for someone has many positive and rewarding aspects to it and it can be the most loving thing you can do for someone else. It can however, also be challenging, leaving you feeling exhausted and in some cases can be extremely lonely and isolating. If you find you are struggling it is important to ask for help and support.

Caring for elderly parents

Our parents bring us up and do everything for us when we are children, so it can come as a shock when they start to require care themselves. As people age or develop disabilities, you may need to ask for help to take care of elderly parents.

Persuading parents to accept help can be difficult, but it's important that everybody is open and honest about their hopes and fears. Explain to your parents that you are worried they are struggling to manage.

A big decision you and your parents may have to make is about whether they will receive at-home care or whether they will move into a residential care home, this may consist of sheltered housing, assisted living or a nursing home. Talk to specialists and those

involved in your parents' care, such as their GP, any social workers involved or staff at care homes. Ensure you involve your parents and ask them their views.

Caring for grandchildren

Many parents struggle to balance work and family life and as a grandparent you may have been asked to help out. This help can range from regular childcare for babies and toddlers, dropping off and picking up children from school, to helping out when the children are ill or during the school holidays.

As a grandparent it is great for you and the children to be able to spend quality time together and it brings many rewards, however, before you agree to providing regular childcare, it's important to consider what you feel comfortable taking on, and how it's going to affect your life. Talk to your son or daughter and their partners and explain how you feel, this honesty from the start may stop any problems in the future.



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We look after our own

Caring for yourself

Caring can be both physically and mentally exhausting, you may be getting up several times in the night, you may have to lift an adult who is heavier than you, or you may be juggling caring whilst also holding down a job. You may also have the emotional distress of seeing a loved one suffering. Caring for others may lead to mental health conditions including stress and depression.

Caring for yourself is absolutely vital when you are caring for somebody else. The tips below may help:

- **Eat well**
- **Sleep well**
- **Enjoy some time for yourself**
- **Get exercise when you can**
- **Consider downloading a meditation or mindfulness app**
- **Write in a journal about what you are going through and how you feel**
- **If you are still working request compassionate leave or flexible working**

Recognising your own needs will help you balance caring with the rest of your life, it will also ensure you are physically and mentally well enough to care for your loved one as well as you can.



GETTING HELP:

NHS

www.nhs.uk

www.wales.nhs.uk

www.nhsinform.scot

AGE UK

www.ageuk.org.uk

www.ageuk.org.uk/cymru

www.ageuk.org.uk/scotland

www.ageuk.org.uk/northern-ireland

CITIZENS ADVICE

www.citizensadvice.org.uk

www.cas.org.uk

www.communityni.org/organisation/citizens-advice-northern-ireland

GOV.UK

www.gov.uk

www.gov.wales

www.gov.scot

www.nidirect.gov.uk

www.carersuk.org

www.disabilityrightsuk.org

www.dementiauk.org

www.alzheimers.org.uk

www.stroke.org.uk

Your GP

Health & Wellbeing

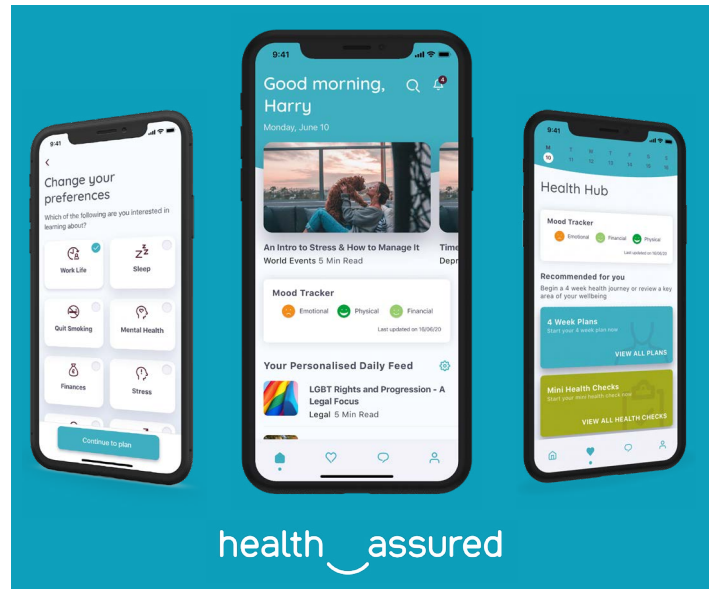
Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual

Password: careline



Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

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