

# Living with or caring for someone with a physical disability

International day of people with disabilities  
December



**Most people living with a disability will live long, healthy lives. When you're hit by a disabling injury or illness, it can trigger a range of unsettling emotions and fears. You may wonder how you'll be able to work, find or keep a relationship, or even be happy again. But while living with a disability isn't easy, it doesn't have to be a tragedy. And you are not alone. Millions of people have travelled this road before you and found ways to not just survive, but thrive. You can too.**

Looking after someone with a physical disability can be physically demanding for you as a carer. An important part of your role is to make sure the person you care for has the best quality of life possible by helping them to be as independent as possible. It is also important that you take care of your own health, even if you are busy looking after someone else's health. Being healthy is not only important for you, but it also helps the person you care after too.

As a carer you may experience a range of emotions, including feelings of isolation, anger, guilt, stress and fatigue. All of these feelings are natural but in order to overcome them, some of the tips below may help:

- Talk to others in a similar situation or join a support group
- Seek out the national organisation devoted to the condition or illness that you are dealing with
- Ask other members of the family for help to give you a break and avoid burnout
- Speak to a counsellor, therapist or your GP about how you are feeling
- Try to set some time aside for yourself every day and do something you enjoy



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## GETTING HELP:

### NHS

[www.nhs.uk](http://www.nhs.uk)  
[www.wales.nhs.uk](http://www.wales.nhs.uk)  
[www.nhsinform.scot](http://www.nhsinform.scot)

[www.gov.uk/browse/disabilities/benefits](http://www.gov.uk/browse/disabilities/benefits)

[www.scope.org.uk](http://www.scope.org.uk)

### GOV UK

[www.gov.uk](http://www.gov.uk)  
[www.gov.wales](http://www.gov.wales)  
[www.gov.scot](http://www.gov.scot)  
[www.nidirect.gov.uk](http://www.nidirect.gov.uk)

[www.mencap.org.uk](http://www.mencap.org.uk)

[www.carersuk.org](http://www.carersuk.org)

[www.masis.org.uk](http://www.masis.org.uk)

### Disability Rights UK

[www.contact.org.uk](http://www.contact.org.uk)  
– support for parents and carers of disabled children

[www.motability.co.uk](http://www.motability.co.uk)

[www.abilitynet.org.uk](http://www.abilitynet.org.uk)



## Health & Wellbeing

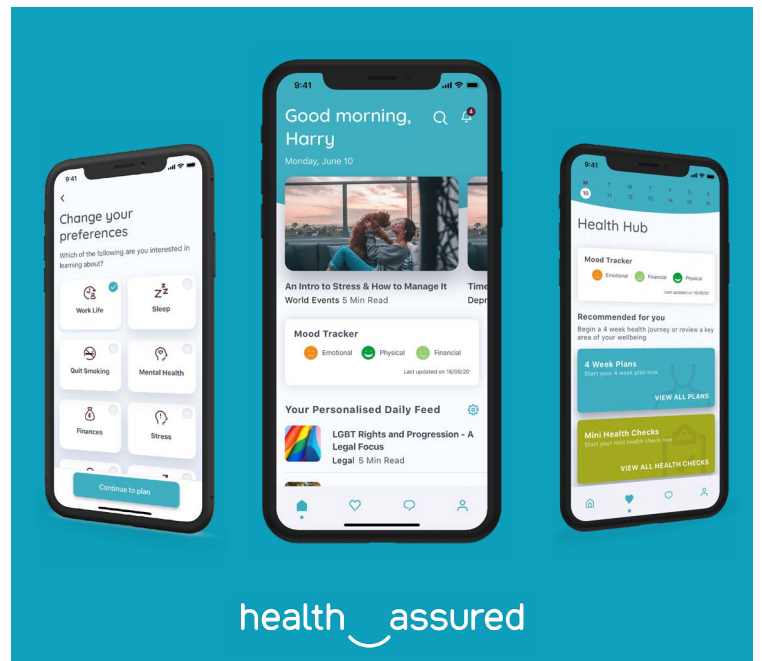
Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

## Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual

Password: careline



health assured

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](http://www.policemutual.co.uk)**

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