

# two hats... too hard?



## six helpful tips to keep your hat on

### 1 Share the care

- share your experiences with someone you can trust
- speak up and let people know that the care needs to be shared
- let people know what they could do to help you
- get support from a carer organisation

### 2 Don't be afraid to ask for help

Carer Support and Carers SA are organisations that provide support to carers. They can assist you to manage the caring role by connecting you to support groups, counselling or respite.

### 3 Take time out for you

- plan to do something just for you each day
- be organised and spoil yourself

### 4 Look after your own health and wellbeing

- continue with activities you enjoyed prior to caring
- exercise regularly
- eat healthy meals
- get enough sleep and rest
- talk to your GP about your caring role
- practise relaxation

### 5 Plan ahead

- think about what has to be done
- list what you will do and when you will do it
- ask for help or advice, if needed
- if things don't work the first time, try again

### 6 Seek information

Keep yourself informed  
– research information about the condition/s, services, respite and support networks.