

# Self-Care Plan:

## Family Carer



Caring for someone at home at the end of life is complicated and you may find it challenging. The intensity of the caring situation can be hard to deal with. You might find it hard to sleep, feel anxious or worried. Your friends may not visit as often. This can affect you and your family. Self-care is what we do to maintain balance in our life.

A self-care plan based on what you like to do can help. Here we suggest a few things that you could try, but what you choose will depend on what suits you best.

### Home self-care - Activities to help you at home

Some examples

**Have** someone to help with the care so that you can get time for yourself

**Share** an online calendar with family and friends so that they know when you might need help or company

**Find out** about respite services in your area that can be accessed for a few hours or a few days

**Join** a support or training group for carers

**Attend training programs for carers**

**My Activities:**

### Physical self-care - Activities that help you to stay fit and healthy

Some examples

**Develop** a regular sleep routine

**Aim** for a healthy diet

**Take** lunch breaks and go for a walk

**Get** some exercise before/after work regularly

**My Activities:**

## Develop a Self-Care Plan (continued)

### Psychological self-care - Activities that help you to feel clear-headed and able to engage with personal challenges

Some examples

- Keep** a reflective journal
- Seek** regular meetings with the palliative care team
- Make** time to be with friends and family

**My Activities:**

### Emotional self-care - Allowing yourself to safely express your emotions

Some examples

- Develop** friendships that are supportive
- Write** or think of three good things that you did each day
- Play** a sport and have a coffee together after training
- Talk** to your friends about how you are coping with work and life demands

**My Activities:**

## Self-Care Plan (continued)

### Spiritual self-care - Develop a sense of perspective beyond the day-to-day of life which can include religion, but it is not always about religion

Some examples

**Engage** in reflective practices like meditation

**Go** on walks to connect with nature

**Go** to church/mosque/temple

**Do** yoga

**My Activities:**

### Relationship self-care - Maintain healthy, supportive relationships

Some examples

**Prioritise** close relationships in your life eg, with partners, family and children

**Attend** the special events of your family and friends

**My Activities:**

Adapted with permission from ReachOut Australia