



Many other families have cared for someone who was very sick and who did not get better. Listed are their tips on what can help make the journey a little easier.



- **Look after yourself and stay strong** - Your health is important. Try to eat well, exercise, sleep and keep going to your own medical appointments and taking any prescribed medicine.
- **Take frequent breaks** - Even short breaks can help you recharge.
- **Stay connected** with work, family and friends if you can.
- **Talk with your Aboriginal health worker or Aboriginal liaison worker.** They can help you access services and guide you through the system.
- **Apply for any financial supports** that may be available to you through [Services Australia](#).

- **Think about what might be needed to ensure all business is handed over.** This might include changing names on bank accounts, knowing where important documents are kept (including an advanced care plan or Last Will and Testament), and talking about practical things the family will need to know in the future (including a funeral and burial place).
- **Register for My Aged Care** if appropriate. My Aged Care is a government funded program that can help with finding an aged care placement and cover some or all of the costs. Alternatively if the person is being cared for at home, it will cover some or all of the cost of equipment or services to help the person stay at home.
- **Ask for help** if you need it from your doctor or health worker. Many families try to manage themselves and do not realise that they are allowed to ask for help.
- **Write down any questions** you may have and ask at your next appointment.
- **Don't be afraid to call a helpline** – Have the number close by.
- If there is something you don't understand, don't be afraid to **ask the doctor or health worker to explain it again.**
- **Speak up.** Let the doctor and health worker know what is important to you and the person you are caring for. Your values and beliefs are important.
- **Consider what is culturally important** for the person you are caring for at this time. This may be preparing favourite meals, listening to traditional music or staying connected to country.
- **Update one or two family or community members** about how the person you are caring for is doing. They may then be able to keep others informed via phone calls or social media.



Here for You (May 2022) by
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