



Your health is important. Here are some tips to help you stay well.



## **Eat healthy, nutritious meals**

- Try eating fresh fruit or cut up vegetables.
- Say 'yes' when people offer to drop off a meal for you.
- Avoid having too much caffeine, alcohol or nicotine. Don't use substances to try to manage your feelings – always talk to a health worker if you are struggling to cope.

### Get enough sleep

- Take naps during the day if you are not getting enough sleep at night. Sleep when the person you are caring for sleeps.
- Let friends or family take over caring duties for a night so you can sleep or consider using respite services.
- If you are having difficulty sleeping because you are worried or upset, talk to your health worker about this.

### Have health checks

- Continue to attend your own health appointments and manage your own health conditions so you are as well as possible.
- Talk to someone you trust to help ease your worries, such as your health worker. People who are caring for someone who is finishing up may feel stressed, anxious or depressed and may feel grief even before the person has passed away. This is very normal, but there may be things that can be done to help you feel better.

### Maintain activities and exercise

- Set up regular times to see your family and friends.
- Do relaxing activities at home.
- Go for a walk or a bike ride.
- Staying in touch with family via social media, phone calls or video calls.
- Attend community events and social gatherings.





### Put your health and wellbeing first

- Speak to the health worker if you are struggling, need help or are not comfortable with any aspect of the caring role.
- If the person you are caring for has a fall, call for help rather than risk injury by lifting them.
- If caring at home is affecting your health and wellbeing, talk to the health worker about other options for where the person can be cared for. If home care doesn't work out, that doesn't mean you have done anything wrong.

### Share the load

- Ask friends, family or neighbours to sit with the person you are caring for while you go out.
- Ask friends or family if they would be willing to cook a meal and come to your home to eat together.
- Talk to your friends and family about how you are, your concerns and what you need.
- When people offer to help, say 'yes'. Make a list of things that people could do to help you so that when someone asks, you have an idea to give them.



Here for You (May 2022) by  
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