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English (Hindi and Punjabi)

## Ten tips from other carers

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

1. **Look after yourself**, your health is important – Try to eat well, exercise, sleep and keep going to your own medical appointments and taking any prescribed medicine.
2. **Stay connected** with work, family and friends if you can.
3. Look at what **financial supports** are available to you and sign up for them as early as you can
4. 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 advance 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).
5. **Register for My Aged Care** if appropriate. My Aged Care is a government funded program that offers home support to people who need help to stay at home.
6. **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. There are a lot of services set up to help families who are caring for someone who is very sick.
7. **Write down any questions** you may have and ask at your next appointment.
8. Don't be afraid to **call a helpline** – have the number close by.



9. If there is something you don't understand, don't be afraid to **ask the doctor or health worker to explain it again.**
10. **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.

