



Managing your time



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Being a carer can be difficult in lots of ways. Carers often find it difficult to make time for themselves.

This session will help you understand:



- Why it is important to make time for yourself.



- How to make more time for yourself.



- Where you can get help and support.



- Making the most of the time you have for yourself.

Why it is important to make time for yourself



When you are a carer you have lots to do. You may also have to go to work and look after the rest of the family too.



It can seem really hard to make time for yourself. But it is really important you do.



If you don't look after yourself you will get worn out. When this happens you will find it really difficult to care for the person you look after.



Making time for yourself will give you more energy and make you feel happier.

It will help you be a better carer.



- Have a break between doing tasks. This could be going for a walk or just sitting down with a drink.



- There may be times when you cannot do the things you planned. Caring for someone means things often happen without any warning.



- Be kind to yourself. You do not have to be the best carer in the world. Just doing the best you can is fantastic.



And remember it is ok to ask for help.

Where you can get help and support



Here are **4** things you can try to help you get more time for yourself.

1 Ask family and friends for help



Talk to your family and friends. Tell them you need some help or a break.

2 Ask for a Carer's Assessment



A Carer's Assessment is done by your local council's social care department.



The assessment looks at:

- What support you might need.
- How you can get the support.
- How much it will cost.



It is free to have an assessment.

Anyone over 18 can ask for one.

Support you might be able to get



- Arranging for someone else to give the care you normally do. This should give you a break. It is sometimes called respite.



- Information about exercise classes or gym membership.



- Help with taxi fares to go to appointments.



- Help at home with things like housework or gardening.



- Training on how to safely move the person you care for. This helps make sure you do not hurt yourself.



- Telling you about local support groups and carers' organisations.



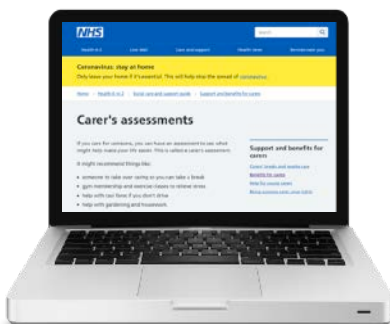
- Advice about benefits that carers can apply for.



The NHS website has more advice on benefits.

www.nhs.uk

Search for **benefits for carers**.



There is more information about Carer's Assessments on the NHS website.

www.nhs.uk

Search for **carer's assessment**.

3

Ask your boss about flexible working



Flexible working means changing the way you normally work. This is to make sure you can look after the person you have to care for.

Some examples are:



- Working from home.



- Working different hours so you don't have to travel in the rush hour.



- Ask your boss or Human Resources Department about what support you can get.



Bigger companies may have a Human Resources Department. One of their jobs is to look after the people who work there.

4 Make use of internet services



Try doing your shopping on-line. This is then delivered to your door. It will save you time as you won't need to go to the shops.



Ask your doctor to send your prescriptions by computer to the chemist.



You can also ask the chemist to deliver your medicine to you at home.

Making the most of the time you have for yourself



Spending time on yourself will help you. It gives you a break and helps you relax.



Here are some ideas you could try.

Plan an evening in just for you



Have a think about what you want to do. This could be watching your favourite TV programme or reading a book.

Try some hobbies

Try joining a local class or group near you. Things like:

- A cookery class.
- Knitting group.
- Book group.





This will give you a chance to meet other people too.



If you have not got the time to go out maybe you could try an on-line class.

Enjoy a treat once a month



Decide what you would like to do.

You could enjoy your treat on your own or with a friend.



Things like going to the cinema. Buy the tickets before you go so you are not tempted to cancel.

Do some exercise you enjoy

Here are some exercise ideas:



- Going for a walk.



- Keep fit at home.



- Swimming.



- Join a yoga class.



Learn something new

Think about doing a course. This could be going out to a class or learning at home using your computer or tablet.



Make sure no-one interrupts you

When you are having a break make sure no-one interrupts you.

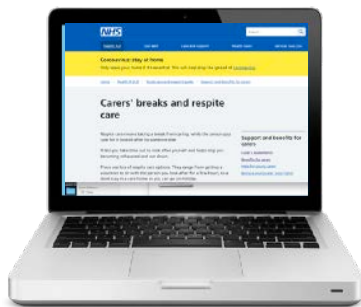


You could turn off your phone and computer.

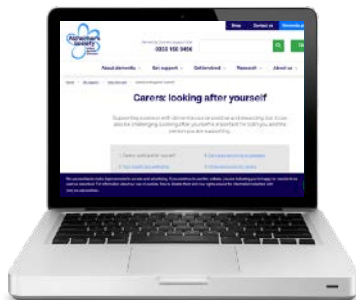
Useful Websites



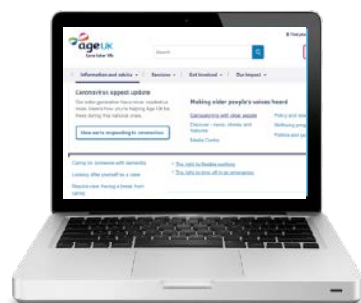
Carers UK Website
www.carersuk.org.uk



Carers' breaks and respite care
NHS Website.
www.nhs.uk



Alzheimer's Society Website
www.alzheimers.org.uk



Age UK Website
www.ageuk.org.uk