

ASKING FOR HELP

You don't have to do it alone.



Rob had quickly become a round-the-clock carer for his wife Carla. He was finding it challenging with a lot of responsibilities. Rob decided that he needed to talk with his family and explain what was happening. He also told them all the things that Carla needed help with. The family wanted to help, and when Rob shared with them, it helped them to better understand the situation. They could also see how to help and support Rob and Carla without interfering.

Shortly after Patrick and Lincoln moved to the city, Lincoln's Parkinson's disease got worse. In a new city with no family and no friends to give him advice or support, Patrick knew that he couldn't cope on his own. Patrick talked to their doctors about the agencies and places that could potentially help them. This was a great relief for the couple as they were better informed and prepared for the future.

Mia's friend Andrew told her that he had a terminal cancer. His parents explained that he was feeling isolated and becoming depressed. They asked Mia if she would visit him. Andrew's friends talked about how they could support him. They took him on outings when he was well enough, and they kept in touch with him on Facebook when he wasn't. Instead of going out at night, they'd sometimes go over and spend time together with Andrew. The support changed Andrew's end-of-life experience and the relationship was deeply rewarding for his friends.

Caring for someone can be challenging, both emotionally and physically. It can also be a rewarding experience. From time to time carers may need some extra support. It's your right to ask for help with your caring responsibilities.

CareSearch provides information and [resources](#) for people who are caring for someone with a life-limiting illness.

CareSearch provides information on [finding help](#), [practical caring](#), [emotional support](#) and a range of other everyday issues.

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