

# SUPPORT IS IMPORTANT

## Support can help you to continue caring.



Jacqui heard that her mother-in-law Leanne's multiple sclerosis had become worse. She immediately phoned around about support services. Jacqui found a program that gave her father-in-law David a break during the week. This meant he could play tennis and meet with friends. This opportunity to maintain his social contact and exercise kept David positive and energised – which in turn helped Leanne.



When Riva's partner Gary became very ill, she knew that she would need help if he was to stay at home, as he wished. Riva was so relieved when her neighbour offered to mow the lawn. Her sister started dropping in meals and her daughter said she would clean the house and do the washing. Members of Riva and Gary's church organised to regularly visit with Gary. This also gave Riva the opportunity to have a break. Riva had helped others in the past, but now she realized how much it meant to reach out to others.



Syd didn't think of himself as a carer; he saw himself as a family member looking after a person he loved. It didn't occur to Syd to look for help. A health worker suggested that Syd attend a local carers support group. He met another man who was in a caring situation almost identical to his own. They organised bowls every week and became friends. This helped Syd to know that he wasn't the only one going through this difficult process.

Support can help you to maintain your own health and wellbeing, as well as the person you care for.

CareSearch provides information and resources for people who are caring for someone with a life-limiting illness.

CareSearch provides information on financial assistance, practical help, emotional support and a range of other, everyday issues.

Visit [www.caresearch.com.au](http://www.caresearch.com.au).