

HOW DO YOU CARE?

I think I'm a carer – what do I do now?



After Dorothy was diagnosed with motor neurone disease, her husband Jack needed to increasingly help with Dorothy's personal care. He began by turning on the shower taps in the morning, making sure the water wasn't too hot and assisting Dorothy by gathering clothes to wear for the day. This was all new to Jack, and initially he felt overwhelmed.



Majella contracted HIV when she was 25. Her parents, Jenny and Clive, not only inherited caring for their daughter, but also found themselves assuming the role of surrogate parents for Majella's young son, Chris. None of this fitted in with Jenny and Clive's work or with their vision of retirement. They needed help to work out how they could manage.



Tony's father, Peter, was starting to mix up details and forget things. When Peter got lost and missed his doctor's appointment, Tony could see that his dad needed more help. Tony started driving his dad around, accompanying Peter to his medical appointments and helping with obvious things, like shopping for food. Tony wondered what else he needed to start doing?

How do you provide care for someone in your life? What do you need to do? How do you do it? Who can help?

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.