

Taking Action: My Plan...



Now think about your next steps.

- Could you apply some of the ideas you've found in this module to some of the challenges of getting a balance between your life and being a carer?
- What strategies might make things more manageable?

You might decide to tackle one or the practical issues you wrote down or these maybe something else that's occurred to you as you worked through the module; or you may simply decide that you want more information about the different types of practical support that is available to you.

Some challenges may be too big to tackle all in one go, so in this case its helpful to think about dealing with them in small bite size pieces. That's where this template of **My Plan** comes in. Think about the plan as a journey. The first box is for you to identify what it is you want or want to achieve or change.

Here is an example...

Where I want to be: I'd like to feel less cut off from the rest of the world.	
Action: Phone my sister and fix a time to have a good long talk. I could phone her when David is asleep.	When: Tonight
Make a list of things that I'm worried about. Talk everything over with Kate. She's good a thinking problems through.	Before I ring tonight.
Chat through things with the Carers Organisation to see if they can help some more.	By the end of the week.
Find out more about the local Carers group and join in.	By the end of the week.
Order food on the internet then I can use that time for me instead.	Tomorrow.

A final word:

Caring for someone else, adult or child can be demanding, both physically and mentally. You need to make sure you don't put your own health at risk and you need to be well-informed about the condition of the person you care for.

Above all, you need to find ways to help the person you care for to live as independently as possible and at the same time have plans in place for the unexpected.

We know that this module, **Managing your role as a Carer with other aspects of your life** has given you some useful ideas and suggestions for keeping on top of these and other practical challenges that you come across in your caring role.

Remember your Carers Organisation is here to help YOU!

Contact Number for:
Contact Name:
Email Address:
Notes: