

Getting prepared:

Being You and NOT being a 'Superhero!'

Like Alice, there are a number of options available to support her in caring for Tom. Here is a summary of some of those actions that may help and others where it's just not sensible to rush in.



A fall

- Seek help for safety (avoids hurting yourself and in case the cared for has broken a bone or something).

Helping out of a chair

- Only assist if you've been shown.
- There maybe appropriate aids that can help you (contact your Carers Organisation to help you get what you need.)

Stuck in the bath

- Initally you may need some help from family, friend or neighbour. If not, drain water out of the bath and keep the cared for warm until help arrives.
- Contact ambulance service and explain what has happened or if available T: 111
- There maybe appropriate aids available (grab rails, bath chair), contact your Carers Organisation to help you get what you need).

There may well be situations that a younger, fitter and stronger person could assist. None of these situations are clear cut. If you are in any doubt, **GET HELP!**

It's better to get help and get reassuring advice as to how to tackle these situations than to put yourself and others at risk.

Please use the relevant numbers in the following table to assist you further when help is needed.

Carers Org	
Out of Hours	
GP	

Encourage Independence:

You may be tempted to do physical tasks or aspects of physical care to speed things up perhaps with encouragement, the cared for can manage themselves. This is natural.

In order to protect yourself, its useful to bear in mind that the cared for may well be able to do more for themselves with some expert advice. This may involve contacting the Occupational Therapist, Social Worker, GP or District Nurse. Your Carers Organisation can assist you in making this referral.

Pinpointing My Issues:

Below is a box for you to write down some of these physical care challenges that you may have. The aim for this exercise is enable you to reflect and consider some actions to take as a result of this module.

Here are some examples of other carers have identified...

Dealing with incontinence

Foot Care – My Dad has a lot of trouble with his feet!

My brother is quite demanding. He's in a wheelchair and would happily let me do everything for him.

My Challenging Issues:

