

*This document is a compilation of extracts from the 'Caring for YOU!' series of magazines for caregivers. Our thanks to AbbVie for permission to share this content.*

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## Me time

### Something for you

Make a plan to find more time for yourself.

A regular theme in Caring for YOU! Magazine is why it's healthy for you to take time out for yourself. Ideally this should be a combination of different activities, for example shorter 'fresh air' breaks such as walks in the park and coffee mornings with friends, and special occasions when you can get away for longer.

'Having this time and space to yourself to enjoy interests and new ideas is important. By doing this and by staying in touch with friends and developing new friendships, you can gain a real sense of identity and independence, outside of your caring role,' says Health Psychology Specialist Clare Moloney.

But these things won't happen all by themselves. Why not use the space below to start working on an action plan to make time out become a reality?

### Planning ahead

Use the space below to develop an action plan to help you take time out.

<b>What do I want to do?</b>	<b>When/how often do I want to do it?</b>	<b>Who will care for my loved one?</b>	<b>When do I want to have this organised by?</b>	<b>Tick when I've organised this</b>	<b>Tick when I've achieved this</b>
<i>e.g. Take time out to see a film with Lisa</i>	<i>One afternoon once a month.</i>	<i>I will talk to the day care centre about providing four hours of cover on this day.</i>	<i>16<sup>th</sup> November</i>		

**Do**

- Ask lots of questions and know your rights and entitlements
- remember that any financial aid is an entitlement owed to you for doing a community service and caring for someone; don't feel guilty about receiving financial help
- ask a friend or relative for help if forms and phone calls are proving too time-consuming.

**Don't**

- panic: Get the information and advice you need and then make a financial plan or budget to help guide you
- give up: These things sometimes take time