

*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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## **Who cares for you?**

### **Why you need care too – and how to get it.**

We all need care – just because you're caring for someone else doesn't mean you don't have your own needs, or that you don't need someone to look after you sometimes, too.

One way of taking care of your own happiness is to ensure you have your own support structure in place to lean on when things get tough.

Getting the support you need can be good for your mood, and make you feel more balanced and happier. Sometimes it's best for everyone – including the person you are looking after – for you to make yourself your own No.1 priority and take some time for yourself.

According to Health Psychology Specialist Clare Moloney, it's important to think about the people around you who may be able to help support you: 'You'll find different people can offer you different types of support. It could be a good friend you can share some regular "non-caring time" with, a family member you can chat with on the phone at the end of a hard day, or a local care agency that can look after your loved one for a few hours each week.'

### **Types of support you may need**

- Help in the home with everyday tasks
- Day care or respite care
- Help with transport
- Social or leisure outlets
- Help with specialist equipment or modifications to your home
- Financial aid.

### **Where to find support**

Help is never far away. Here are some great places to find support for yourself when you need it most:

- Your healthcare team isn't just there for your loved one – they're there for you too
- Sometimes it may seem that your friends and family are too busy to help, or too preoccupied with their own lives. However, it could be that they think you're doing fine on your own (after all, you haven't told them you're not), or that they're not sure what sort of support you need
- Get in touch with other carers. They will understand the challenges you are facing. Ask the European Parkinson's Disease Association (EPDA –

[www.epda.eu.com](http://www.epda.eu.com)) to direct you to support groups for carers, either locally or online

- Government agencies and local support services can advise what additional support (including financial support) may be available.