

WHO CARES FOR THE CARERS?

Carers play an important role in our community looking after family members and others who cannot take care of all their needs themselves. This is often a 24/7 responsibility, so while they are caring for others, who cares for them?

Carers need and deserve a **break from their caring role** to recharge their batteries or meet up with friends. It might simply be a **break** away from home for a few hours to run errands, or catch up for a cuppa. Or it may be a whole day or even a night or two away.

Carers need support to keep in touch with family and friends, attend **social activities**, and to maintain **exercise** and hobbies. Sometimes a friendly ear, and taking the time to **listen** and remind them how much they are appreciated can be a great support for carers.

How can people care for others when they need support themselves? What can we each do to support carers?

- Listen.
- Encourage and support them to take a break.
- Encourage carers to stay healthy, including eating well and exercising.
- Encourage carers to maintain social contacts and hobbies/interests.
- Be part of a carer's emergency plan.
- Remind them how much they are appreciated.

SUPPORT CARERS TO TAKE TIME OUT TO:

SOCIALISE



EAT WELL



OFFLOAD



TAKE A BREAK



EXERCISE



Assistance for carers

WINZ – www.workandincome.govt.nz/eligibility/carers/

CARERS NZ – www.carers.net.nz/contact

Ministry of Social Development – www.msd.govt.nz/what-we-can-do/community/carers/

Looking for a hobby? <http://nzppa.org.nz/>