

Self-Care Plan:

Family Carer

Name:

Caring for someone at home at the end of life is complicated and you may find it challenging. The intensity of the caring situation can be hard to deal with. You might find it hard to sleep, feel anxious or worried. Your friends may not visit as often. This can affect you and your family. Self-care is what we do to maintain balance in our life.

A self-care plan based on what you like to do can help. Here we suggest a few things that you could try, but what you choose will depend on what suits you best.

Home self-care - Activities to help you at home

Some examples

Have someone to help with the care so that you can get time for yourself

Share an online calendar with family and friends so that they know when you might need help or company

Find out about respite services in your area that can be accessed for a few hours or a few days

Join a support or training group for carers

Attend training programs for carers

My Activities:

Physical self-care - Activities that help you to stay fit and healthy

Some examples

Develop a regular sleep routine

Aim for a healthy diet

Take lunch breaks and go for a walk

Get some exercise before/after work regularly

My Activities:

Self-Care Plan (continued)

Psychological self-care - Activities that help you to feel clear-headed and able to engage with personal challenges

Some examples

Keep a reflective journal

Seek regular meetings with the palliative care team

Make time to be with friends and family

My Activities:

Emotional self-care - Allowing yourself to safely express your emotions

Some examples

Develop friendships that are supportive

Write or think of three good things that you did each day

Play a sport and have a coffee together after training

Talk to your friends about how you are coping with work and life demands

My Activities:

Self-Care Plan (continued)

Spiritual self-care - Develop a sense of perspective beyond the day-to-day of life which can include religion, but it is not always about religion

Some examples

Engage in reflective practices like meditation

Go on walks to connect with nature

Go to church/mosque/temple

Do yoga

My Activities:

Relationship self-care - Maintain healthy, supportive relationships

Some examples

Prioritise close relationships in your life eg. with partners, family and children

Attend the special events of your family and friends

My Activities: