

AS A CAREGIVER, I MUST REMEMBER...

To take good care of myself – this is not selfish, but will enable me to take better care of the person I am looking after.

To ask for help from others whenever I think I need it – even though the person I am caring for may object.

To recognise the limits of my own endurance and strength without feeling I have failed to measure up.

To keep up my own interests and activities just as I would if the person I am caring for was healthy.

To do some things for myself alone, while doing everything I reasonably can for the person.

To feel it is normal to experience anger or depression occasionally and to express these and other difficult feelings.

To reject any attempts by the person to manipulate me (consciously or subconsciously) through guilt, anger, self-pity or depression.

To feel entitled to receive consideration – affection, acceptance, forgiveness – for what I do, as long as I am offering these qualities.

To take pride in what I am accomplishing, including the effort and courage it sometimes takes to meet needs.

To preserve my individuality and right to live my own life in preparation for the time when the person will need less care.

To expect to be supported as a caregiver by medical staff and others just as much as the person affected by stroke is supported through their illness.

To feel content with myself and what I am doing, even without direct feedback, acknowledgement or praise.