Nigel Hughes
Carers’ Facilitator
Stress Resilience Programme

The Care system

There are a number of things you can do to get your voice heard as a carer.

LEARN MORE
Cardiff and Vale University Health Board
Are YOU a carer?

Important People

Bwrdd Iechyd Prifysgol Caerdydd a’r Fro
Cardiff and Vale University Health Board
92% of Carers’ in Wales felt stressed and 66% experienced depression

Prepared to Care? Carers Week Survey 2013
Aims and Objectives
Partnership Working
Stress Resilience Programme

EMOTIONS

HEALTH NEEDS

INDIVIDUALITY

RELATIONSHIPS

THE CARE SYSTEM

MY REFLECTIVE JOURNAL

Help with emotions
Understanding and managing emotions is a key step towards feeling better in yourself when times are tough.

Managing my Health Needs
Being a carer is never easy. It changes your life, your expectation, your future, your dreams and hopes...

My Individuelity
Sometimes when we take on the role of carer we can forget that we have other roles, or ways of being that were important to us.

Relationships
Maintaining and developing a good support network can make a real difference to being a carer.

The Care System
There are a number of things you can do to get your voice heard as a carer.

MY REFLECTIVE JOURNAL
Write down your thoughts and feelings in your personal reflective journal.

Partners
Bwrdd Iechyd Prifysgol Caerdydd a’r Fro
Cardiff and Vale University Health Board
Help with emotions

Understanding my emotions

Most carers find that they experience different or more intense emotions to one’s that they are usually used to. These can feel unusual, distressing, overwhelming or uncontrollable. Some carers also feel ashamed about the feelings that they are having.

Emotions are your body’s normal reaction to a disturbing, stressful or worrying time. You may find that the emotions or feelings occur when you least expect them. Some people find that everyday events such as watching a TV programme, the washing machine breaking down or dropping a plate can trigger feelings that seem out of proportion to the event that has just occurred. Sometimes it can help to put a label on your emotions. This can help you to see them for what they are rather than label yourself as a ‘bad person’ because you are feeling these things.

How many of these things do you feel?

<table>
<thead>
<tr>
<th>What are you feeling?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cut off from my feelings</td>
<td></td>
</tr>
<tr>
<td>Cut off from other people</td>
<td></td>
</tr>
</tbody>
</table>

Frustration

It can be a lonely and frustrating time being a carer, particularly when we feel that we have to put our own needs aside, when people don’t respond as quickly as we want or when we find that we can’t achieve all the things we want to achieve.

Frustration is a mild form of anger. We often experience it when we meet some form of block or resistance to something we want to do.

It can be caused by our own internal drive or wish to achieve something, for example, our own expectations of our self, or a desire to achieve certain goals or meet certain personal standards or it can be in relation to things outside of ourselves, often when our will comes up against somebody else’s.

Grief and Loss

Go to your reflective journal

Writing down your thoughts and feelings can help you process and manage your emotions.
Managing Health Needs

Managing my health needs

Caring is sometimes not easy. It changes your life, your expectation, your future, your dreams and hopes, your relationship with the person cared for, your family, and your friends. Somewhere in all of the caring you are doing, there is a YOU that also needs taking care of.

"To keep a lamp burning, you need to put oil into it"

This module will help you look at your own health needs and will provide you with some quick tools, tips and techniques to help you go some of the way towards taking care of yourself at this time.

- WHAT ARE MY NEEDS?
- TAKING CARE OF MY NEEDS
- COMMUNICATING MY NEEDS
- DEPRESSION
- STRESS
- ANXIETY
- FATIGUE
- SLEEP

What are my needs?

You will have a set of needs that are both the same and different to the needs that you had before you were a carer. These are often seen as having a hierarchy or natural order. The example below is taken from the work of Maslow who looked at what people need to feel fulfilled and satisfied in their life. Like any hierarchy, the lower needs are met and sustained before the higher ones can be reached.

If the problem can be solved, why worry?
If the problem cannot be solved, worrying will do you no good

The definition of stress is when you apply force, pressure or a load against something. This happens all the time, we all carry forces and pressures that we learn to cope with. It only becomes a problem when the force or pressure is too great a load to bear. This can have physical, emotional and psychological consequences that can go on for a long time.

Stress can also be a positive force that we can use to motivate ourselves or challenge ourselves.

List some of the things that you have achieved because of your personal motivation or ability to respond to a challenge.
My individuality

Who am I that is not a carer?

Sometimes when we take on the role of carer we can forget that we have other roles, or ways of being that were important to us.

Occasionally it is helpful to remind ourselves that we are more than a carer. Each of these identities or roles will have attributes or resources that we can call on when life feels tough or we lose our self-esteem or begin to feel helpless.

Being valued and recognised

Now that you know what your Wheel of Life is made up of, you might want to think about how you get valued and recognised in particular areas. Each of the areas in the wheel of life will contain things that are important to us. You can find out yours by asking yourself the following question:

What is important to me about my career/family/friends etc?

Maintaining my own life

There are some things that are important to you about your own life that you will want to keep while still being a carer, or that perhaps you want to bring back into your life now.

These can be mapped against the Wheel of Life.
Relationships

Maintaining and developing a good support network can make a real difference to being a carer. Your current relationships will become even more important to you over time and there are things that you can do you make your life easier.

ASKING FOR HELP

TRUSTING OTHERS

DELEGATION

SOCIAL NETWORKS

Delegation

WRITE YOUR THOUGHTS AND FEELINGS

Go to your reflective journal

Writing down your thoughts and feelings can help you process and manage your emotions.

TOP TIPS ON ASKING FOR HELP

1. Know what you want help with
2. Make a list of things that need to be done
3. When somebody offers to help, ask them to do something on the list
4. Be specific in your request for help
5. Work to people’s interests, if you know a friend enjoys gardening, ask them if they will tend to your garden once a week. If one likes cooking, ask them to batch bake for you to freeze meals

USEFUL QUOTES

“The best way to find out if you can trust somebody is to trust them,” Ernest Hemingway

“To be trusted is a greater complement than being loved,” George McDonald

“We are all mistaken sometimes; sometimes we do wrong things, things that have bad
The Care System

Getting my Voice heard

There are a number of things you can do to get your voice heard as a carer. This can range from ensuring that your views are included in your loved one's care planning, that you have a say about who comes into your home and when, and/or through becoming actively involved in carers networks across the UK.

Being Valued and Recognised

Communication

FIVE TIPS ON BEING MORE ASSERTIVE

- Be precise and to the point, avoid stories and long explanations
- Avoid apologising if you believe you are in the right
- Be polite and firm
- If you feel yourself getting angry, stop what you are doing, go somewhere you can be on your own and take a few minutes to relax
- Use eye contact, stand or sit upright, use a measured tone of voice

Being a Partner in the Care System

Go to your reflective journal
Writing down your thoughts and feelings can help you process and manage your emotions.
Reflective Journal

Write down your thoughts and feelings in your personal reflective journal.

LEARN MORE
Identifying the gaps
<table>
<thead>
<tr>
<th>Role</th>
<th>Strengths/Assets</th>
<th>Things I enjoy in this role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wife/Husband</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Son/Daughter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friend</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Career person</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grandparent</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lover/Sexual self</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student/Learner</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creative Self</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Funny/Humorous self</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Thank You / Diolch yn Fawr

Nigel Hughes, Carers Facilitator

029 20 745 359

nigel.hughes2@wales.nhs.uk