



Maintaining your Health as a Carer

Go electronic

You'll be able to view prescription requests, book appointments, and view test results. All this will save you time and hassle as a carer. To sign up the person you care for speak with their GP.

Take a break

Only you will know what type of break is best for you. You may need an hour each week, a day every now and again, a two-week holiday, or a mixture of all. Carers UK have put together a handy Take a Break Guide filled with practical support and guidance.

Get some rest

If you're a carer, you may experience several days of broken and/or very limited amount of sleep. If this pattern persists its likely to have a large impact on your ability to function at your best during the day.

Manage your stress

Stress and depression can affect anyone, but carers are particularly vulnerable. If you do start to notice signs you're struggling, don't ignore them. The sooner you deal with the problem, the better, and just talking about how you feel can help you find a way to deal with it.

Watch your back

Carers are more likely to suffer from back problems. Knowing how to take proper care of your back can help you minimise the risk.