

6 ways to support a carer

When someone is caring for another person, they need people around them too. We can all play a part in sharing the load.



1. Give them time back

Offer to take over caring for a little while so they can have some time to themselves.

"I'm free Saturday morning. I can stay with your dad for a couple of hours if you'd like to get out."



3. Help them stay connected to themselves

Caring can leave little time for the things someone enjoyed or made time for before.

"I've noticed you've been missing the gym lately. I can come over Tuesday if that would help you get there."



5. Make your help easy to say yes to

Instead of a general offer to help, be specific about what you can do and when.

"I'm free Thursday afternoon. I can do some housework or take your mum to her appointment. Which would be more useful?"



2. Do an everyday job

Shopping, cooking, washing, gardening, walking the dog... taking even just one thing off someone's plate can lighten their load.

"I'm going to the supermarket tomorrow. Send me your list and I'll pick it up while I'm there."



4. Take on some of the organising

Planning and coordinating help can become another job for the carer. Take responsibility for organising something yourself.

"I can organise the family to cover dinners next week. Would that be helpful?"



6. Keep showing up

Caring responsibilities can last for months or years. Keep checking in, keep offering and keep finding practical ways to help.

"I've got some time free again this weekend. Would the same thing as last week be helpful?"

Care shouldn't fall on the shoulders of one person.

Good care is a community effort.