

# FINDING POSITIVITY & SUPPORT

AS A CARER

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# Who I Care For...



# Reality Check



# The Reality of Caring

**Shock of diagnosis**

**New reality**

**Systemic negativity**

**Emotional labour**

**Unknown outcomes**

# The Challenges of Caring

**Low expectations**

**No rulebook**

**Comparison trap**

**Little understanding**

**Poor support**

# HOW TO DEAL WITH THE CHALLENGES

STRATEGIES TO HELP YOU BECOME MORE POSITIVE AND  
STAY MORE POSITIVE AS A CARER



# How to Deal With the Challenges

**Acknowledge the challenges**

**Let go of the guilt**

**Challenge your mindset**

**Focus on what you can control**

# How to Become Positive

**Carer role models**

**Adult role models**

**Family understanding and support**

**Resolve to be positive**



# How to Stay Positive

**Make connections**

**Reclaim yourself**

**Write it down**

**Prioritise self care**

**Ask for help**

**Know you are not alone**

# HOW TO LOOK AFTER YOURSELF

STRATEGIES TO HELP YOU STAY THE COURSE, KEEP POSITIVE  
AND PRACTISE SELF-CARE



# Finding Time for You

**Commit to yourself**

**Look at time differently**

**Change your attitude**

**Have a plan**

**Rediscover yourself**

# Caring for You

**Be open with others**

**Be honest with yourself**

**Recognise your limitations**

**Believe in yourself**

**Let go of the guilt**

# Finding Support as a Carer

**Go online**

**Build a village**

**Community support groups**

**Education and training**

**Specialist help and support**

# Carer Resources

**Carer Gateway** <https://www.carergateway.gov.au/>

**Carers Australia** <https://www.carersaustralia.com.au/>

**Carers NSW** <https://www.carersnsw.org.au/>

**NDIS** <https://www.ndis.gov.au/>

**My Aged Care** <https://www.myagedcare.gov.au/>



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