

INFORMAL CARE & YOU!



YES, YOU ARE AN INFORMAL CAREGIVER!

Because you...

- intensively take care of a chronically ill or dependent person
- have someone with a disability in your life.
- are always ready to help your partner, parent, child, family, acquaintance or neighbor.
- help out with daily care, the household or with activities and social contacts.

It is good to realize that what you often do so naturally is called 'informal caregiving' or 'mantelzorg'. As an informal carer you can use the available support. This way you can take care of your loved one more pleasantly, better and longer, and you prevent overload. Make use of the informal care support right from the start. It is there for you!

"YOU ARE NOT ALONE"

1

EXPAND YOUR KNOWLEDGE

Collect practical information that can help you with your caregiving tasks. Be well informed about the disease and its progression,, so that you can know better what to expect. Know which organizations are involved, and which ones you can turn to for help and information.

And if you have any questions? Just ask them!

THEY CAN HELP YOU

- Doctor (GP)
- Involved professionals
- Patient associations
- Facebook groups

2 TALK ABOUT IT

Involve your social network and share your concerns. Let others know what's on your mind. Explain your situation. This creates understanding and you can gain new insights. Let others know how they can support you.

THEY CAN HELP YOU

- A good friend
- Confidant
- MVT Arnhem
- MantelzorgNL hotline
- Other informal caregivers

3 THINK ABOUT YOURSELF

Illness in your family will affect the whole system. Besides looking after yourself, you also need to look after the rest of your family (children). Keep doing the things that you always used to do and make sure you take time to relax. Find out what support options are available for you as a carer. Know where and how to get help if you need to catch your breath.

THEY CAN HELP YOU

- Lifestyle coach
- Your sports or hobby club
- www.mvtarnhem.nl/mantelzorgpauze

4 ASK FOR HELP

Share care, tasks and responsibilities. Be honest about how much you can handle. Think about what you can do yourself and ask for help if necessary. You don't have to do this alone!

THEY CAN HELP YOU

- Your network
- The 'wijkcoach' (neighborhood coach)
- Involved professionals
- Independent client assistants / mantelzorgmakelaars
- MVT Arnhem

5 KEEP ENJOYING YOURSELF

Try to enjoy (small) things together as much as possible. Look at what is still possible. Focus on the positive.

**"INFORMAL CARE:
WE DO IT TOGETHER"**

MVT

Mantelzorg
Vrijwillige Thuishulp
Arnhem

WANT TO KNOW MORE ABOUT INFORMAL CARE?

Go to www.mvtarnhem.nl. Call 026 – 370 35 40,
or e-mail info@mvtarnhem.nl

TAKE A BREAK FROM CARING?

Go to www.mvtarnhem.nl/mantelzorgpauze



SCAN ME