

You are an informal caregiver!

MVT

Mantelzorg
Vrijwillige Thuishulp
Arnhem

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!

1

EXPAND YOUR KNOWLEDGE

Collect practical information that can help you with your caregiving task. Be well informed about the disease and its course, 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 or 'vertrouwenspersoon'
- MVT Arnhem
- MantelzorgNL listening hotline
- Other informal caregivers

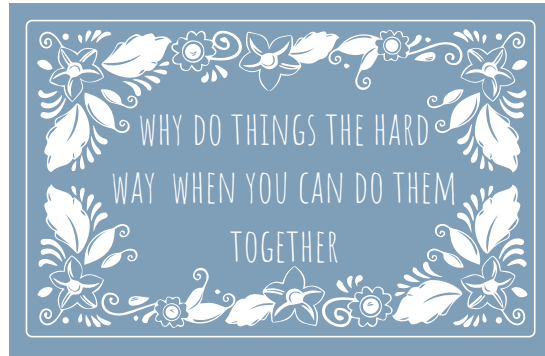
3

THINK ABOUT YOURSELF

Take care not only of the other person, but also of yourself. 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

- Your sports or hobby club
- Mantelzorgpauze.nl



4

ASK FOR HELP

Share care, tasks and responsibilities. Be honest about how much you can handle. Think about what things you can help with, and ask for help to do the other things. 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.