



## 5.2.4 Health of a caregiver

Several of the research participants became a care-giver for a family member or a friend and this often had a considerable effect on their lives, for example:

I went back [home] when he [dad] had his strokes and I thought I was just going back for a short-time crisis management and it turned out he needed a lot of care... there was no way that my mom was going to be able to cope on her own... I found out that I could apply for leave [from PhD] for up to a year... I did that, and it was a relief on the one hand, it [PhD] was just kind of on ice, and on the other hand, it was really destabilising because I was very concerned about losing my momentum. (KS)

Whilst being a caregiver can be rewarding, it can also create additional stresses and difficulties in your life, and even lead to burnout. Therefore, maintaining your own wellbeing is as important as the care you are giving to someone else. Whether you are caring for someone who is temporarily incapacitated, long-term chronically ill, or terminally ill, the following resources may help you to cope with the demands of being a care-giver.

### General information

**Helpguide** <http://www.helpguide.org/articles/stress/caregiving-stress-and-burnout.htm>: Strategies and tips for recognizing and dealing with stress and burnout

**Carers UK** <http://www.carersuk.org/help-and-advice>: Help and advice to make life better for carers including

[Health](http://www.carersuk.org/help-and-advice/health) <http://www.carersuk.org/help-and-advice/health>

[Relationships](http://www.carersuk.org/help-and-advice/your-relationships) <http://www.carersuk.org/help-and-advice/your-relationships>

[Equipment and technology](http://www.carersuk.org/help-and-advice/equipment-and-technology) <http://www.carersuk.org/help-and-advice/equipment-and-technology>

### Elder care

**National Health Service (UK)** <http://www.nhs.uk/Livewell/Disability/Pages/Olderrelative.aspx>: Caring for older relatives

**Which? Elderly Care** <http://www.which.co.uk/elderly-care/for-carers/being-a-carer>: Advice on looking after yourself and getting the support you need (UK focus)

**National Caregivers Library** <http://www.caregiverslibrary.org/home.aspx>: Information and tools for caregivers and seniors in the USA including

[Caring for yourself](http://www.caregiverslibrary.org/caregivers-resources/grp-caring-for-yourself.aspx) <http://www.caregiverslibrary.org/caregivers-resources/grp-caring-for-yourself.aspx>

[Caregiving basics](http://www.caregiverslibrary.org/caregivers-resources/grp-caregiving-basics-topic.aspx) <http://www.caregiverslibrary.org/caregivers-resources/grp-caregiving-basics-topic.aspx>



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End-of-life issues <http://www.caregiverslibrary.org/caregivers-resources/grp-end-of-life-issues.aspx>

### **Illness and Disability Care-giving**

National Caregivers Library <http://www.caregiverslibrary.org/home.aspx>: Information and tools for caregivers and seniors in the USA including

Coping suggestions for loved ones with disabilities  
<http://www.caregiverslibrary.org/caregivers-resources/grp-disabilities/coping-with-disabilities-article.aspx>

Marie Curie <https://www.mariecurie.org.uk/help/being-there/helping-someone-cope>: Helping someone cope with terminal illness including information on

Becoming a carer <https://www.mariecurie.org.uk/help/being-there/helping-someone-cope/becoming-a-carer>

The role of carer <https://www.mariecurie.org.uk/help/support/being-there/helping-someone-cope/carers-role#carers-do>

Coping and dealing with feelings <https://www.mariecurie.org.uk/help/being-there/helping-someone-cope/dealing-with-feelings>



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