



# Carer Stress Long Term Conditions

[www.nottinghamshirehealthcare.nhs.uk](http://www.nottinghamshirehealthcare.nhs.uk)



Making a  
**Difference**

Trust **Honesty** Respect **Compassion** Teamwork

**Community Children and  
Young People Specialist  
Service**

## How to use this guide

Supporting someone through an acute or long term condition can be very rewarding but also stressful and demanding however much you love or care for them.

Being aware of this can enable you to help maintain your own health and well-being better.

Seeking support or additional help should be seen as a positive action in order to keep you both well, and therefore you may be able to continue your caring role for longer.

Read through this guide to familiarise yourself with the signs and symptoms of carer strain and how to get help and support if you need it.



## GREEN ZONE: Good health and well-being

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- ✓ When you wake up you feel positive about the day ahead despite knowing that different challenges may occur
- ✓ You have regular contact with friends and relatives outside of your home
- ✓ You are continuing to enjoy and have the energy for your hobbies and activities as before you became a carer

### GREEN ZONE: Actions to maintain your health and well-being

- Inform your own doctor that you are an informal carer for someone
- If possible, request the help of relatives living close by who could give you support
- Take advantage of any respite care that is offered
- Take medication you require for your own health. Try to ensure you don't run out of regular prescriptions
- Follow healthy eating advice
- Drink plenty of non-alcoholic fluids, unless on a fluid restriction
- Take regular exercise as you can
- Keep all your own healthcare appointments
- Get your annual flu injection and pneumococcal vaccine (once only)
- Maintain regular contact with friends and relatives
- Try to ensure you have time for yourself, on your own, to recharge your batteries

### CONTACT DETAILS OF THE HEALTHCARE PROFESSIONALS INVOLVED IN SUPPORTING YOU AT HOME: *(PLEASE FILL IN)*

DOCTOR: \_\_\_\_\_

COMMUNITY MATRON: \_\_\_\_\_

PHARMACY: \_\_\_\_\_

## **AMBER ZONE: Action needs to be taken to prevent carer strain developing**

### **AMBER ZONE: Caution - early signs of carer stress**

- Still feeling tired when you wake up in the morning
- Having a feeling of dread for the day
- Generally feeling physically unwell or worsening of usual symptoms
- Reduction in usual level of social activities
- Not attending regular activities that are important to you
- Not leaving the house for a number of days
- Not keeping in such close contact with friends or relatives
- Loss of appetite
- Having difficulty in sleeping
- Feeling low in mood/weepy
- Getting 'snappy' at little things
- Feeling close to losing your temper or feeling frustrated more frequently than usual
- Feeling less able than usual to cope with everyday stresses

### **AMBER ZONE: Actions you can take**

- Contact your GP and talk to him about your symptoms
- Discuss obtaining help with giving care or increasing the amount of physical care you are receiving
- Talk to your family and close friends about their importance to you during this time of continuing difficulty
- Contact a support organisation (see overleaf) to talk to people who have been in a similar situation to you and can offer suggestions and emotional support to help you

**We suggest you share this leaflet with a relative, friend or neighbour so they know what to do if you need some support yourself.**

# RED ZONE = Action needs to be taken immediately to support both you and the person you care for

## RED ZONE: Signs of stress

- You are not sleeping
- You have lost weight recently or you are comfort eating
- You are continually tired
- You feel worn out
- You burst into tears at the least thing
- You feel you cannot cope any longer
- You have feelings of frustration and anger that are not how you usually feel
- You are ignoring signs of your own ill-health
- You have lost contact with close friends
- You rarely, if ever, go out socially anymore

## RED ZONE: Actions

- **Contact your GP today. Ask for an urgent appointment and tell him how you feel**
- **Contact your family and tell them how you feel**
- **Contact one of the support group helplines**

## Some Carer Support Helplines offering a variety of support:

**Carers UK** - support for carers in any caring situation  
**0808 808 7777**

**Carers Federation**- support for carers in any caring situation  
**City—0115 962 9362**  
**County—0115 824 8824**

**Together for Short Lives—** support for families and carers of young people up to the age of 25 expected to have a short life  
**0808 8088 100**

**Contact** - support for families and carers of disabled young people and children  
**0808 808 3533**

## Really informative websites:

Nottinghamshire County  
[www.nottshelpyourself.org.uk](http://www.nottshelpyourself.org.uk)

Nottingham City  
[www.asklion.co.uk](http://www.asklion.co.uk)

# Community Children and Young People Specialist Service

[www.nottinghamshirehealthcare.nhs.uk/  
prepforadulthood](http://www.nottinghamshirehealthcare.nhs.uk/prepforadulthood)

## Let us know about your experience:

**Call us:** 0115 993 4542 | **E-mail us:** [PALs@nottshc.nhs.uk](mailto:PALs@nottshc.nhs.uk)

**Write to:** DMH, Porchester Road, Nottingham, NG3 6AA

Use this website to share your experience or find out what other people are saying about their experience: <http://bit.ly/NottshcFeedback>

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

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