

# Being a Care-Giver

# Take care of yourself

- ▶ Be strong
- ▶ Be fit
- ▶ Take care of your back
- ▶ Keep up your emotional energy
- ▶ Have other interests
- ▶ Have joint interests



# Be strong:

- ▶ Have your own strengthening programme
- ▶ Muscle strength training
- ▶ Specific muscles
- ▶ Easy to do at home
- ▶ Regularly
  
- ▶ High reps
- ▶ With weights
- ▶ Especially core central stability



# Be fit:

- ▶ Aerobic training programme
  - Fun
  - Out of breath
  - Several times a week



# Lifting Plan

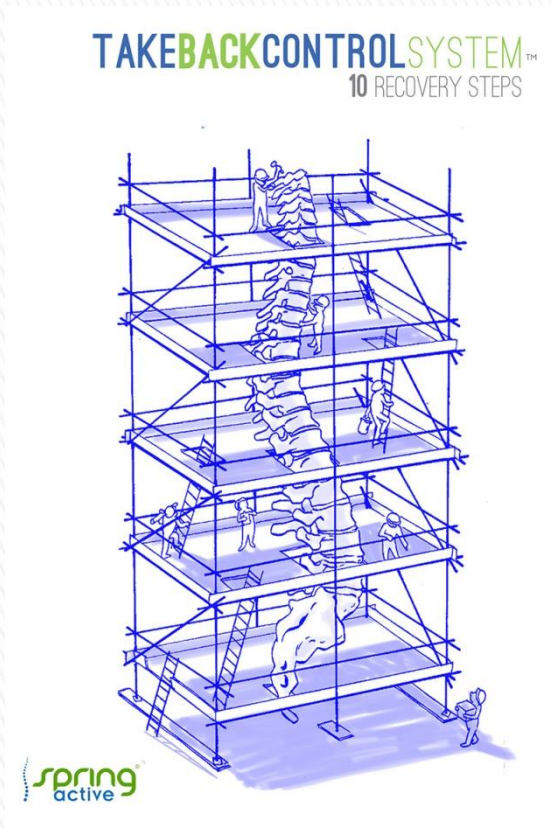


# Back care



- ▶ Plan what you are going to do
- ▶ Make it as easy as possible
- ▶ Consider what equipment you have available
  
- ▶ Use your legs
- ▶ Keep your back straight
- ▶ Get them to help as much as possible
- ▶ Do several little movements and not 1 big one

# Looking After Your Back



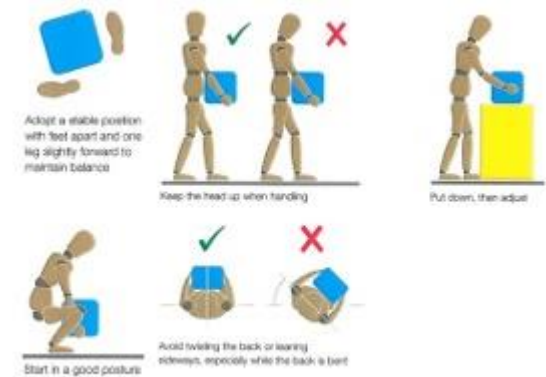
- ▶ Strengthening programme for:
  - Abdominals
  - Back extensors
  - Hip extensors and abductors
  - Quads

You only have 1 back,  
take care of it!

High reps and resistance

# Plan in advance

- ▶ Clear the pathway
  - Make sure there is nothing to trip over
- ▶ Think about equipment
- ▶ ? Can you manage by yourself ?
  - Know your own abilities
- ▶ Plan the sequence of events
  - Make the lift as easy as possible
- ▶ Avoid twisting and turning
- ▶ Hold as close to your body as possible
- ▶ Discuss it together / plan together
- ▶ Make sure everyone knows what they are doing





# Looking after yourself

- ▶ Emotional well-being
  - Your own hobbies ?
- ▶ Preservation of energy levels
  - Pacing
  - Planning
- ▶ Mindfulness
  - 10 small things
- ▶ Laughter / having fun



# Equipment

- ▶ Hoists
  - ▶ Swivel boards
  - ▶ Sliding mats / boards
  - ▶ Floor lifters
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- ▶ Bathing equipment
  - ▶ Shower stools





patient transfer lift

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