

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
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- ▶ High reps
 - ▶ With weights
 - ▶ Especially core central stability



Be fit:

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



Lifting Plan

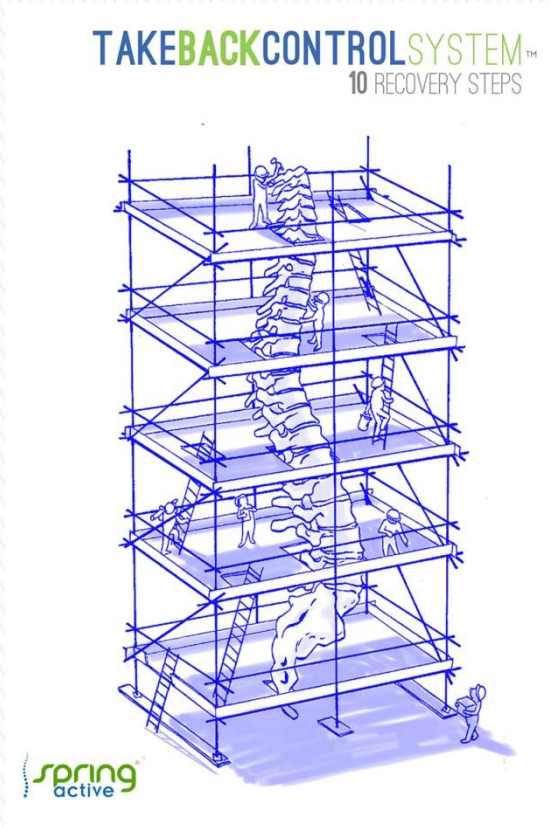


Back care



- ▶ 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



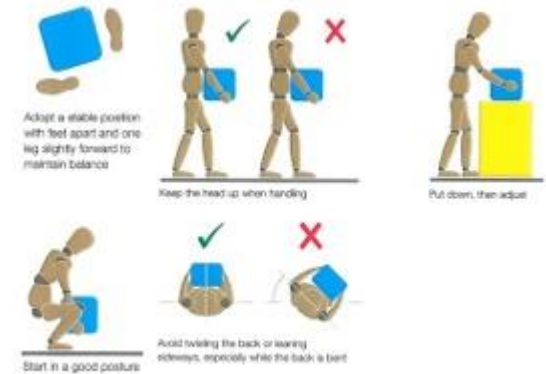
- ▶ Strengthening programme for:
 - Abdominals
 - Back extensors
 - Hip extensors and abductors
 - Quads

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



