

CARERS' TIPS FOR SUPPORT

Here are some ideas generated by relatives of people with aphasia

- ▶ **Getting support is essential**
- ▶ Make sure you get some space for yourself, e.g. by going to work, spending some time away from your partner, etc.
- ▶ Take up offers of help from family, friends and neighbours – don't try to do it all by yourself.
- ▶ Remember your own health is important.
- ▶ Try to get counselling if you feel you could benefit. Counsellors may be helpful in a number of ways, e.g. talking through your feelings, helping you to get your head around a particular issue. The TSSS has a counselling service for carers and relatives of stroke people. We can let you have information about this service, or you may prefer to ask your GP, Therapist or Social Worker to help you find one.
- ▶ Don't be afraid to let your partner see or know how you feel sometimes.
- ▶ Try to be clear with your partner about your needs and set some routines which meet some of them, eg a night out on your own, 20 minutes kip etc.

- ▶ Try to give yourself a period of personal time each day – even if it is only 10 minutes.
- ▶ Try to target a “key” person from early on as your information source when you are trying to get help from hospitals, rehabilitation or social services. Our Stroke Carer & Family Support Advisor may be able to help you.
- ▶ Make an information book for visitors, carers and friends who may need to spend time with the aphasic person when you are not around. Include important information about the aphasic person's skills, needs, likes and dislikes and the best way to communicate with them. This will save you having to repeat things over and over.
- ▶ Keep a list of telephone numbers by the phone to help you deal with practical or emotional crisis.
- ▶ Try to share your problems with one or more people so that you don't bottle them up. It can also be very beneficial to talk things over in a supportive, empathic and confidential environment with the Stroke Carer & Family Support Advisor.

With compliments of “CONNECT TRAINING”

For further information on the support offered for carers, please see back page.

We are a local registered charity caring for the people of Tendring who have been affected by stroke. We provide services for the stroke survivor, carer and family.

*A Carers' Group is always a
beneficial means of support.*

CARERS MEETINGS

This group is for carers only. These meetings are specifically for carers giving them a chance to meet informally with other carers outside of their caring role.

TENDRING SUPPORT GROUP MEETINGS

Advice, information and support for the stroke survivor or the brain injured as well as carers, family members and friends.

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Both of these groups meet monthly at  
our centre in Holland on Sea.

**For more information please contact:  
Linda Eliot - Stroke Family Support  
01255 815916**

### **TENDRING SPECIALIST STROKE SERVICES**

85 Frinton Road, Holland on Sea. CO15 5UH  
Rosemary Garrey, Co-ordinator for Stroke Day Centre  
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Registered Charity No: 1054049

## **TENDRING SPECIALIST STROKE SERVICES**

An independent local charity

# **Caring for a Carer**

## **Carers' tips for support**

Being a carer for a stroke survivor is unique to each individual. It can often feel very lonely and isolating. The loneliness seems to stem from the fact that family and friends just cannot understand what it is like to be a "Carer of a Stroke survivor"

As each stroke is different from another, so is the impact on the carer and the support that is needed

**The tips inside this card may be of help,  
keep it in a prominent place so you and your  
family can be reminded of your needs**

**Help and support is available from  
Linda Eliot - Stroke Carer & Family Support  
on  
01255 815916**