

Caregivers' Cove

Caregivers, especially those for seniors with dementia, are known to have high rates of burn out¹. Caregiver self care is a pressing need.

Self Care is not²...

- Selfish...when loved ones depend on your wellbeing.
- Forcing yourself to do something.
- Something which “just happens” without thinking of it.

Self Care starts with...

- Being kind to yourself.
- Being a friend to yourself.
- Asking, “Hello, how am I?”



Image source: Unsplash

Self Care is²...

- Having happiness to share with loved ones.
- Keeping mind and body healthy as you have a tough job.
- Making a “No” list. Clear away something you do not like or change what you do not wish to do anymore.
- Doing something relaxing...e.g. what music do you like?
- Planning refreshing activities...e.g. book a date with someone for tea or a nice meal.
- Keeping the above regular, weekly if possible.

Share with us about your experience!

filos Building Stronger Communities, *Together*

1. “Prevalence and Predictors of Burden in Caregivers of People with Dementia”, The American Journal of Geriatric Psychiatry, Henry Brodaty et al, [https://www.ajgponline.org/article/S1064-7481\(13\)00243-1/pdf#:~:text=Rates%20of%20significant%20caregiver%20burden,from%2014.7%25%20to%2022.8%25,](https://www.ajgponline.org/article/S1064-7481(13)00243-1/pdf#:~:text=Rates%20of%20significant%20caregiver%20burden,from%2014.7%25%20to%2022.8%25,) 21 Oct 2020
2. “What Self-Care Is – And What It Isn’t” By Raphailia Michael, MA, PsyCentral, <https://psychcentral.com/blog/what-self-care-is-and-what-it-isnt-2/>, 21 Oct 2020

看护者港湾

研究显示看护者倦怠率高，尤其是看护失智症患者¹。
我们发觉看护者有迫切需要自护。

自护不是²。。。。

- 自私。。。因您的家人需要您保持安康。
- 强迫自己做什么。
- “顺其自然”就会发生的事。

开始自护。。。。

- 对自己仁慈。
- 做自己的朋友。
- 问：“嗨，我还好吗？”



图像源：Unsplash

自护是²。。。。

- 有快乐和家人分享。
- 维持身心健康，因为您的工作是辛苦的。
- 拟一份“不要”清单。清理一些您不要的东西或改变不喜欢继续做的事。
- 进行有助您放松的事。。。如：您喜欢听什么音乐？
- 安排一些提神的活动。。。如：约人喝茶或享用美食。
- 每星期或定时进行以上的项目。

请和我们分享您的经验！

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1. "Prevalence and Predictors of Burden in Caregivers of People with Dementia", The American Journal of Geriatric Psychiatry, Henry Brodaty et al, [https://www.ajgponline.org/article/S1064-7481\(13\)00243-1/pdf#:~:text=Rates%20of%20significant%20caregiver%20burden,from%2014.7%25%20to%2022.8%25,](https://www.ajgponline.org/article/S1064-7481(13)00243-1/pdf#:~:text=Rates%20of%20significant%20caregiver%20burden,from%2014.7%25%20to%2022.8%25,) 21 Oct 2020

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