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issues. Caring can include all kinds of practical challenges, from filling in complex forms to... Looking after yourself. ...

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For example you might: provide emotional support help them to manage day-to-day tasks support them when things are more challenging advocate for them encourage and support them to seek help make phone calls for them encourage them to feel confident about making decisions be there for them during ...

~~Supporting someone with a mental health problem | Mind ...~~

Supporting someone else is sometimes called caring. You are a carer if you provide (unpaid) support and care for someone

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~~Related Condition~~ who has an illness, disability, mental health problem or addiction. People often assume that carers tend to be women but research shows that around four in ten carers are men.

~~Am I a carer? | Mind, the mental health charity - help for ...~~

As a caregiver of someone with Parkinson's disease, you have a lot to do: You help maintain the quality of life for your loved one. You educate yourself about symptoms, treatments, and the...

~~Caring for Loved Ones: Tips to Help Them (and You) Cope~~

Caring for someone with a terminal illness Caring for a friend or family member with a terminal illness can be both rewarding and challenging. Our information can help you

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know what to expect – from day-to-day caring to looking after your own needs. Preparing for the end of life

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Advice to help you cope when your loved one is living with dementia Educate yourself on dementia. Learning as much as possible about it will help you identify what to do in certain... Stay active – physically and mentally. Exercising is beneficial for your wellbeing whether you care for someone ...

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...

Caring for the carer when someone is dying Looking after

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someone in the last weeks of life can be a huge emotional and physical challenge. It ' s important to take time for yourself and get support. When you find out that someone close to you is going to die, it can be devastating.

~~Caring for the carer when someone is dying | Dying with ...~~

The most important thing you can do for a grieving person is to simply be there. It ' s your support and caring presence that will help your loved one cope with the pain and gradually begin to heal. The keys to helping a loved one who ' s grieving Don ' t let fears about saying or doing the wrong thing stop you from reaching out.

~~Helping Someone Who's Grieving - HelpGuide.org~~

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~~Looking after yourself~~ Ask for help. Family and friends can help in a variety of ways, from giving you a break, even if it's for only an hour,... Talk to other carers. Sharing your experiences with other carers can be a great support as they understand what you're... If you're struggling to cope. ...

~~Looking after someone with dementia—NHS~~

As well as supporting someone emotionally it can help to offer practical support too. Check in with your friend or loved one and ask if there is anything specific that they need help with. Some people don ' t want help or they may find it hard to accept it. They might want to remain as independent as possible.

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~~How to support someone with cancer | All cancer types ...~~

Don ' t drink or smoke too much. Alcohol and cigarettes have harmful effects on your body, and make you more at risk of the physical effects of stress. Caffeine can have similar effects on your body as stress, so watch your coffee intake. Get active. Physical exercise is a simple way to relieve tension.

~~Coping with stress and depression - Carers UK~~

Coping with anticipatory grief is different than coping with the grief after someone dies (conventional grief). You may have mixed feelings as you find yourself in that delicate place of maintaining hope, while at the same time beginning to let go.

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~~Coping With Anticipatory Grief - Verywell Health~~

Buy Coping with Caring: When Someone You Love has Alzheimer's or a Related Condition by Lyn Roche (ISBN: 9780975469811) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Alzheimer's ...~~

When you 're caring for someone else, it 's easy to overlook your own needs. But looking after your health and making time for yourself can help you feel better and cope better with your caring role. Caring for someone with dementia may lead to feelings of guilt, sadness, confusion or

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~~Caring for someone with dementia at home | Age UK~~

When the person is living in a care home, some people find it allows them to visit and spend quality time with the person, without having to focus on providing day-to-day care. For more on feelings of guilt or other emotions see ' Dealing with your emotions ' . For more on the different types of care homes see Finding a care home.

~~How do you know if someone needs to move into a care home ...~~

How can you help someone after their parent dies? Try to stay in contact with bereaved friends and family and let them

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~~Related~~ ~~Caregiving~~ know you 're thinking about them. If someone has... Let them talk about how they are feeling and about their parent – talking can be one of the most helpful things after... You might ...

~~Losing a Parent | How to Cope with the Death of Parent~~

The confusion of their psychosis can transfer to their relationships and the family system dynamics too. The best approach when caring for someone with psychosis is an empathetic, compassionate, strong, and grounded one. With help, your family can develop that successful recovery approach.

~~Caring for Someone with Psychosis: A Guide for Families ...~~

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~~Feeling guilty when caring for someone with dementia.~~

People who care for someone with dementia can often feel guilty. There are many reasons why these feelings of guilt can occur. Looking after someone with dementia can be a 24-hour a day job, and you might feel guilty because you are tired and flagging, or simply not able to be with the ...

~~Coping with feelings of guilt - Dementia UK~~

Talking can be a great help to someone who is feeling suicidal, but it may be distressing for you. It is important for you to talk to someone about your own feelings and the Samaritans can help you as well. Useful organisations and resources The first person to approach is your family doctor.

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