

Optional Exercise for the Course:
What does caring for disabled, ill or elderly people involve?

This exercise is for people who'd like to apply what's been covered to their own situation and find answering questions helpful. Equally though, for other people, just watching the video will have been enough or they don't find doing exercises useful. So please use this exercise (or not) however best suits your preference.

Considering those closest to you, who might you feel called upon to provide care for in the future?

Whilst it's impossible to foresee the future, what types of care needs might be on your horizon?

What encouragement and support might you give any of these people so that they retain as much independence as is reasonably possible?

Who else in your family or friends might you involve in any planning ahead?

What modifications might be worth considering?

Note: people often resist changes that are imposed on them, so if you can help others work out practical modifications that suit them (and anyone else affected), the new ways are more likely to be adopted successfully. Consider how you can encourage them to think about enabling, as well as preventative, measures. For example, a sentimental rug might be hung on the wall – thereby putting it where it can still be enjoyed whilst also ensuring it no longer is a trip hazard.

What would you like to start doing now to have sufficient time for yourself? And how might you continue to care for yourself if your caregiving increases?

Looking back at what was covered in this course, what else would you like to think about?

Who do you know who has experienced caring in their lives, and how might talking with them be helpful?

What resources available on the Internet do you know of, and what steps would you like to take next?

Other Notes