

The role of the caregiver and the importance of taking care of oneself

Much has been said about the importance of self-care to ensure more quality of life.

However, in certain contexts, such as with a disease or disability, it isn't always viable. That is how the figure of caregivers (either paid or unpaid) comes to be.



Who are the caregivers?

Caregivers are people endowed with a strong sense of humanity who are either family members or members of the community, who care for people who are either bedridden, or have a physical or mental disability, or age limitations.

Why is the caregiver so important?

The caregivers are significant since they're the ones responsible for bringing benefits to the person that they care for while also helping to avoid stress or bringing relieve to family members who feel unable to carry out all the necessary cares for their patient on their own.

**Remember:
to love is to care!
So, love and take good
care of yourself, too.**



Cares that the caregiver should have with himself:

Although the caregiver is someone who offers a great deal of support in times of difficulty, it is essential to remember that he / she can also feel overloaded and in need of support. Pay attention to the necessary cares and precautions you must have if you perform the duty of a caregiver:

- Even if you are the person in charge of caring for the patient, set specific times for other people to assume this role so you can rest.
- During your time off, try to do activities that bring you pleasure, such as leisure or recreational activities, or learning something new.
- Take care of your physical health. Very often, looking after someone requires a lot of strength in the muscles and back, so try to do prehab exercises for your hands, fingers, shoulders, neck and back.
- Maintain a healthy lifestyle. Eating well, doing physical activities, keeping stress under control, and having good connections and social support can contribute to making the caregiver's role easier to perform.
- Understand that, in some situations, you may feel emotionally overwhelmed because of having to take care of someone else. If this is your case, seek emotional/ psychological support.