

Wellbeing



you need care too

making time to relax



ONE CARER'S STORY

Jennifer has been sole carer for her husband for several months, following his diagnosis of terminal cancer.

Sadly, his condition deteriorated rapidly, and he was admitted to hospital. Advised he'd stay there until there was a suitable bed in a care home, Jennifer visited daily helping to care for him. After over 7 weeks, she was totally exhausted.

Jennifer had originally agreed to consider the offer of complementary therapies from the Service, and allowed her Family Wellbeing Worker to put her on the waiting list, but she'd felt at the time she didn't need the support urgently.

However, the change in her husband's situation, and the impact on her health and wellbeing, meant her Family Wellbeing Worker recognised time to relax was crucial, and therapy sessions could have an immediate benefit. Her Worker arranged for Jennifer to be considered for any cancelled appointments that became available, which meant she was able to take up an opportunity at short notice, giving her that much-needed hour to herself.

OUTCOME

Jennifer has been able to 'switch off' for valuable time, and relax completely for an hour, leaving her feeling refreshed and more able to cope with her situation.