Being a Care-Giver
Take care of yourself

- Be strong
- Be fit
- Take care of your back
- Keep up your emotional energy
- Have other interests
- Have joint interests
Be strong:

- Have your own strengthening programme
- Muscle strength training
- Specific muscles
- Easy to do at home
- Regularly

- High reps
- With weights
- Especially core central stability
Be fit:

- Aerobic training programme
  - Fun
  - Out of breath
  - Several times a week
Lifting Plan

- Get close to the load
- Squat down
- Grip the load
- Slowly lift
- Hug the load

Proper Lifting Techniques
Back care

- Plan what you are going to do
- Make it as easy as possible
- Consider what equipment you have available
- Use your legs
- Keep your back straight
- Get them to help as much as possible
- Do several little movements and not 1 big one
Looking After Your Back

- Strengthening programme for:
  - Abdominals
  - Back extensors
  - Hip extensors and abductors
  - Quads

You only have 1 back, take care of it!

High reps and resistance
Plan in advance

- Clear the pathway
  - Make sure there is nothing to trip over
- Think about equipment
- Can you manage by yourself?
  - Know your own abilities
- Plan the sequence of events
  - Make the lift as easy as possible
- Avoid twisting and turning
- Hold as close to your body as possible
- Discuss it together / plan together
- Make sure everyone knows what they are doing
Looking after yourself

- Emotional well-being
  - Your own hobbies?
- Preservation of energy levels
  - Pacing
  - Planning

- Mindfulness
  - 10 small things
- Laughter / having fun
Equipment

- Hoists
- Swivel boards
- Sliding mats / boards
- Floor lifters

- Bathing equipment
- Shower stools