Support Strategies for Carers
Session Leader: Ken McDonell
Task Reassignment

- **Reassign the impossible**
  - hanging out the washing, vacuuming, queueing

- **Split the manageable**
  - both shop, one checks out; one cooks with a stool one washes up

- **Preprogram**
  - may need to use a “sheila” look, instead of a “bloke” look; being psychic helps head off conflict at the pass

- **Give some things up**
  - pending the 30hr day or 8-day week
It’s all in your Mind

- The condition is a debilitating, life-changing one
- The common drugs are psychotropic with depression, weight gain and reduced mental awareness as common side-effects
- You need to keep a weather eye out for the mental health of your partner and yourself
Make time for Self

- You both need time to yourself
  - maintain self-esteem and sense of self-worth
  - continue to do what you enjoy doing, don’t let the condition rule your whole life
- Time invested in self, helps improve the other time you spend together