

*Caregivers need to look after themselves in order to provide the best care for the elderly.*

This will continue to have a significant impact on healthcare costs and the use of resource. In this context, caregivers, play a pivotal role in filling the void as demand for such resources continue to grow.

Caregiving is a demanding service that can affect even the most confident person. It is important to take advantage of the resources available around us to avoid the care givers fatigue.

- 1 Prioritize** your physical and mental health needs. If you are unwell, you may not be able to care for your loved ones to the best of your ability. Aim to establish for yourself a good routine of quality sleep, balanced meals and physical activities.
- 2 Focus** on the positive. It is normal to feel like you or others are not doing enough, but being realistic and accepting can instill a sense of calm and peace.
- 3 Opting** for help. When others offer help, take up on their offer. Realise that accepting help does not make one weak, rather it is an act of self-reliance.
- 4 Getting** connected. Caregiving services such as meal delivery and housekeeping will alleviate the burden you are facing.
- 5 Joining** a support group in the Parish / BEC or public can provide practical guidance and emotional support. So much is available in Youtube too.
- 6 Arranging** for care when you take a break. Family, relatives or trusted friends are a great source of help to cover for each other. Consider seeking hired assistance to help with caring for the elder. When doing this family members must be around always.

When things are tough, it may be helpful to know that you are not alone. Do not hesitate to reach out for support when you need it - not just for the elderly, but also your own. ❖

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INTERNAL CIRCULATION ONLY

BUL 30/2023

22 & 23 JULY 2023

# Newtbec

NEW WAY OF BEING CHURCH

16th Ordinary Sunday

SALT OF THE EARTH AND LIGHT OF THE WORLD:

COMMUNION (INCLUSIVE), PARTICIPATION (CREATIVE) & MISSION (BRIDGE BUILDING)

MONTHLY FOCUS:

**FAMILY AND CARING FOR THE ELDERLY**

FOCUS EVENT:

**WORLD DAY OF PARENTS AND ELDERLY**



## CARING FOR CAREGIVERS: Strategies to Cope With Caregivers Burden

The world's ageing population is growing rapidly. This trend, is observed all over the world. It is estimated that by 2050, nearly a quarter of the population in Asia will be aged 60 years and above. In Malaysia, in 2000 the number of older persons increased from 1.4 million, (6.3%) to 2.4 million, (8.2%) of the total population, in 2012.