

# CRANBROOK *at home*

## WHEN DOES A CARER NEED HELP?



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Caring for a loved one can be a rewarding experience, but it can also be stressful and sometimes feel like a burden. Excessive and prolonged feelings of stress can result in physical and mental exhaustion putting you at risk of carer burnout.

Symptoms of carer burnout can include changes in sleeping patterns and appetite, headaches, feelings of helplessness and depression, social withdrawal and decreases in immunity resulting in frequent episodes of illness.

If you think you may be experiencing carer burnout, consult with your GP and then consider engaging in home care to help share some of the caring responsibility.

### What is in-home care?

Maybe you've heard of the term "in-home care" through conversations with others, your doctor, the Government website [myagedcare.gov.au](http://myagedcare.gov.au) or through online sources. With more than 100,000 Australians receiving some form of home care each year, it's important you know for sure what the term "in-home care" really means. We define it as any care and support that allows a person with special needs to stay at home. Though primarily used by people who are getting older, home care is also accessed by people who are chronically ill, recovering from surgery, or experiencing a disability.

Home care enables access to a range of ongoing personal services, support services and nursing care that can help with day-to-day activities.

### What services can be included in in-home care?

**Personal Care:** These services involve assistance with personal hygiene like bathing, dressing, grooming, oral care and incontinence care.

**Companionship:** These services involve engaging your loved one in social activities like shopping, going out for a coffee, watching a favourite sporting event or attending social engagements. Another benefit of in-home care is the friendship that grows between the in-home carer and the individual receiving care.

**Household Assistance:** These services involve tasks such as laundry, light cleaning or providing transportation to appointments or grocery shopping. A further home support solution can be 24-hour or overnight in-home assistance, this can include a live-in personal carer or someone to just stay the night.

**Health and Wellbeing:** These services can include assistance with medications, nursing support or allied health therapies like physiotherapy or occupational therapy. This can also include supporting your loved one after a hospital visit and making sure they are comfortable and have all the necessary supports in place.



### What should I look for when I need help caring for a loved one?

You should look for a personalised and solutions focused service staffed by people with experience and a passion for helping individuals live their lives to the fullest in the comfort of their own home. A good home care service will be responsive to your loved ones needs and flexible as requirements change.

### Other benefits of in-home care

Research supports that when the right level of care is in place people feel more supported, can engage more in their communities, maintain independence and experience less hospitalisations. It has also been our experience that family/friend carers feel less stressed by their caring role and are able to spend more quality time with their loved one.

### We offer bespoke in-home care

Life's journey is not the same for everyone, a loved one can decline, and they can improve. They can have a health crisis and recover. Care needs change as your loved one's health and mobility changes. In choosing Cranbrook at Home our bespoke services can change along with your needs. You are working with a private in-home care provider who supports you and your loved one 24 hours a day, 7 days a week, 365 days a year.

### Any other questions?

If you have any other questions relating to in-home care offered by Cranbrook at Home, please speak to our Business Manager.

#### Cranbrook at Home

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