## Carers “Time For Me” List

### Keeping in Touch – Remind Myself to Call/Visit Friends/Family

<table>
<thead>
<tr>
<th>WHO</th>
<th>PHONE NUMBER</th>
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### Exercise and Back Care – Remind Myself To

- Stretch/Build flexibility
- Do core strength work
- Hire or loan equipment
- Join a walking group
- Try Tai Chi/Yoga
- Use correct ways to lift

### Ways to Relax – Practice at Least Once Per Day

- Breathing exercises
- Meditation
- Listen to music
- Reading
- Peer support

### Take a Break

- Share load with family
- Book respite service
- Have a holiday
- Use community services
- Take a class

### Sort Out Important Matters

- Legal eg Power of Attorney/Guardianship
- Advance care plan
- Finance issues
- Join Carers NSW
- Check Carers Payments