



Information sheet 43

"Looking after yourself properly in everyday nursing care"

Taking care of yourself starts with your basic physical needs such as sleep, healthy eating, exercise and personal hygiene. Taking care of yourself also means allowing yourself regular relaxation and rest as well as regularly balancing and relieving everyday pressures or particular stressful situations in our lives.

On top of our own stress, looking after a relative and being there for them can be very demanding.

What sort of support can be provided?

- **Self-help groups and meetings**

Those affected share their experiences with each other in a self-organised way or with guidance. Common topics include chronic or rare diseases, life crises or stressful social situations.

The contact point for information about self-help in Berlin is www.sekis-berlin.de

- **The contact point for those providing care**

supports people who need care and their relatives close to home by encouraging groups to carry out voluntary visits and provide companionship, promoting involvement as neighbours and setting up self-help and discussion groups on all aspects of care. A team of volunteers helps to relieve the burden on those in need of help and support with visits and leisure activities.

The contact point in Berlin is www.pflegeunterstuetzung-berlin.de

- **Courses on preventative and precautionary health**

are financially supported by the health insurance funds. These courses may cover nutrition and relaxation as well as sporting activities.

- **Rehabilitative sport and functional training**

is a group training course that is prescribed by a doctor and led by specially trained instructors. The aim is to build up muscles and joints and to maintain and improve individual organ systems.

- **Care courses**

are set up to support family members providing care in the home. Information about practical care and how to deal with people in need of care is shared, for example how to work in a way that is easy on the back and how to use care equipment.

This is provided free of charge and can be taken advantage of irrespective of health insurance affiliation or the level of care needed.

- **Outpatient preventative cures in recognised health resorts, which are also known as spa cures**

are characterised by natural remedies, e.g. healing springs, or by a special climate. Any establishment can be chosen and visits can be arranged.

The aim is for the patient to take care of their own health and to take strategies for everyday life away with them from the cure.

As a basic principle, these cures are only available if outpatient treatment is not sufficient, if they are prescribed by a doctor and/or if the preventative objective can only be achieved by treatment at a spa.

- **Rehabilitation for family members providing care**

provides therapies, relaxation, sports, recreation and stress management, in group and individual sessions where the care situation is taken into account (also compare with Information sheet 23).

Rehabilitation may be provided alone or together with the relative. Many things are offered, here the crucial factor is what the facility offers in terms of the options available.

A very important point is that the principle of "outpatient before inpatient" does not apply to caregivers from someone's own family, which means that family carers can make use of inpatient rehabilitation even if outpatient care would be sufficient.

- **Mother / father-child cures or even cures for mothers and fathers**

provide preventative support, with the intention of preventing mothers or fathers who are under a lot of stress from falling seriously ill.

This is why they not only receive medical care during their stay, which usually lasts three weeks, but also learn how to cope better with their stressful everyday lives.

A personal treatment plan is drawn up that is tailored to the individual's needs.

The staff at the nursing support centre is happy to advise you

Free service number: 0800 5950059

www.pflegestuetzpunkteberlin.de

The responsible body for the nursing support centre are the insurance companies of Berlin and the state of Berlin