

I can't take it anymore

Taking on the care of an elderly person, such as a family member or acquaintance, can be a heavy burden. You have your own busy life, plus the responsibility for that other person. On some days there don't seem to be enough hours in the day. Do you sometimes feel like it's all too much to handle? Call or chat with the Mantelfoon, the informal carers helpline, on **0800 777 3333** or **mantelfoon.nl** or visit **rotterdam.nl/verborgenleed**.

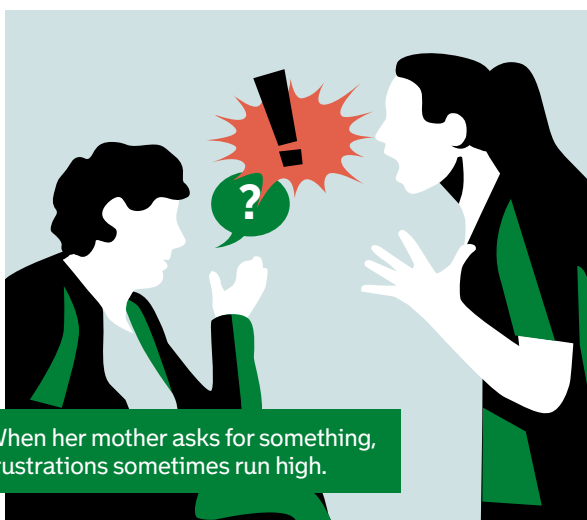
This is Els.

She is a single mother with a 3-year old daughter.



She has also been taking care of her mother for a long time.

Her mother wishes to shower more often, but Els has no time to do that.



When her mother asks for something, frustrations sometimes run high.

What help is there for Els as an informal carer?



Call the Mantelfoon about informal care.



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Am I overworked?

- I'm dreading to carry out the care tasks.
- I experience stress.
- I sleep badly.
- I am often irritated.
- The care I provide is not as good as it used to be, because I don't have the time or I don't feel like it.
- I did yell at the elder person once or twice.
- I have unintentionally physically grabbed or touched the elder person roughly.
- I don't think anyone but me can take care of the elder properly.
- Although I love the elder person very much, the elder's passing would be a relief to me.

It's too much for me

- It happens more often than you think that someone can no longer cope with the care for a loved one. Know that you are not alone in this.
- The Mantelfoon informal care helpdesk is available 24 hours a day for questions or to provide relief with a listening ear on 0800 777 3333, or check mantelfoon.nl.
 - They can help you with information about informal care and tell you more about available help and schemes.
 - They can also help you with substitute care if you need a break from your caring duties.
- Contact a professional caregiver of the elder person you care for. They can work with you to see how the burden of care can be eased for you.
- Veilig Thuis can be reached anonymously on 0800-2000 for questions and help. For example, when you are afraid that you have physically or mentally gone too far with the person you care for.

I am worried about an overburdened family carer / family member/acquaintance

- Talk to other acquaintances of the carer or elder to ask if they see the same thing.
- Talk to care providers such as the family doctor or the elder's household assistant about your suspicions.
- Talk to the informal carer personally; ask how things are going and if you can help.
- Talk to the elder, but only if it will not endanger the elder.
- Call Veilig Thuis on 0800-2000 for advice and help. It is safe, free, anonymous and available 24/7.
- Visit www.rotterdam.nl/verborgenleed for more information.



In the event of immediate danger always call 112

Hidden suffering. Ask for help.
rotterdam.nl/verborgenleed



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