



Beginning the caregiver journey

Learning that a loved one or friend is facing an amputation can be overwhelming, and it can sometimes lead to more questions than answers.

Taking care of yourself

There will be several healthcare providers looking after your loved one, but it is important for caregivers to seek support for themselves. It is not uncommon for carers to feel like they don't have a choice and that they have been thrown into the role of caring for someone because it's what they should do.

If you need support, your doctor is a great place to start. Your doctor can provide you with local information, help you to coordinate services, and provide direction about supports available in your community.

Don't forget to ask for help, and accept help when needed!

Find a good doctor

A good doctor is someone who:

- You trust
- Listens to you
- Takes the time to explain things to you
- Can help you to find other healthcare professionals you may need
- Treats you with respect and as an individual



Adapting to change

Many caregivers report that they experience fear that life as they know it will be completely different; that they may not have the freedom that they had before; that travelling on holidays or to see friends will no longer happen, and that all of the things that they once enjoyed will be taken away. Things may feel like this in the short-term during the hospital stay and the recovery phase, however there are many solutions which support people to live independently. There is also funding available, regardless of age, to assist with care and support options.

Emotional health and wellbeing

Your emotional health and wellbeing is just as important as the person that you are providing care for. If you are having trouble coping with your emotions or what you are facing, there are a number of areas of support that you can tap into:

- Get involved with the online Caregiver and Partner support network hosted by Limbs 4 Life. Speaking with other caregivers in a similar situation can help you to navigate the pathway forward and alleviate feelings of frustration and isolation. Speaking with other caregivers who understand how you are feeling can also help you adjust to day-to-day life.
- Contact Carers Victoria. Carers Victoria offer a range of resources, programs and workshops for people providing care to others. They also offer an advisory and advocacy service.
- Seek professional help. If you are experiencing depression, anxiety or anger it is important to talk to a healthcare professional who can assist you.

TIP



Talk to the people in your life about how you are feeling. Stay connected to your friends and share your thoughts with others.