



GGD Gelderland-Zuid

# When care becomes a burden

Need help? 0800 - 2000 free and available day and night

You have been caring for a loved one for some time now; someone who has a chronic illness, dementia or a disability, or who needs your help and support for other reasons, temporarily or for a longer period. You take care of your child, partner, elder or another loved one; this is called informal care.

## What if the care becomes too much?

Informal care is a rewarding task, but it can also be a difficult one. Your help and support are often needed for a long time, and it affects your life too. You are forced to combine care with your work, family and social activities.

Informal care is a rewarding task, but it can also be a difficult one. You may no longer be able to manage the care or provide the person you are assisting with the care they need. You may no longer be able to manage the care. You are too busy and can no longer provide the person you are assisting with the care they need. The constant care can make you behave differently, perhaps impatient, irritable, angry or even aggressive towards the person you are caring for or towards others around you. The care you want to provide is constantly on your mind. Your life is put under pressure because you don't have enough time to relax. The risk of burnout is very real at that point.

Being overburdened can have serious consequences, both for you and for the person you care for. If you do not break the pattern, both you and the person you care for will be affected.

Understandably, the care can become too much, but if it exceeds the boundaries of good care, you need help. Something has to change.

## Advice and assistance

It can be difficult to admit that care has become too heavy a burden. But it is quite understandable—after all, it is a tough and often lengthy task. The solution can usually be found quickly and is often not drastic. Just talking to someone can help. Help in the form of conversations or concrete support can improve the situation, both for you and the person you are taking care of. Are you an informal caregiver and is the care becoming too much for you? Or are you a witness to a situation where that is happening?

Do not hesitate to ask for help—it will relieve the pressure you are under.

## Who can help?

- Your GP or the GP of the person you are caring for.
- Someone from the welfare organisation in your hometown or region, such as community social services.
- Call the informal care line (0900 20 20 496).
- Visit the Informal Care Support Centre near you (for a list, see [www.mezzo.nl](http://www.mezzo.nl)).
- Call Veilig Thuis (anonymously) 0800 – 2000.

If you are concerned and unsure, you can always call Veilig Thuis. Even if you just want to talk to someone.

## Veilig Thuis

If you are unsure as to what you can or should do, or if you just want to talk to someone, do not hesitate: call Veilig Thuis. You can do that without mentioning your name, 24 hours a day.

Veilig Thuis is there for everyone concerned about safety in the home environment. Veilig Thuis offers information, advice and assistance. Please call if you are in doubt or don't know what to do. Veilig Thuis helps assess the situation and organise support.