The Carer’s Journey

Being a carer is an emotional, spiritual and physical journey for which most of us are unprepared.

Most of us do not willingly become carers.

It happens because circumstances overtake us and in it, we meet all kinds of turbulence, adventures, rewards, laughter and, of course, worry, anger and tears.

The carer’s journey is unknown to most of us and in it you will develop and discover all sorts of skills you did not know you had.

But you cannot face it day after day.

If you get locked into despair or hopelessness, that will drain your energy.