

Why on earth would I go to a Carer's Group?

Why on earth would I go to a Carer's Group? It's not as if I need to be kept in the loop. I know what it's like to be caring, day after day, so is there anything more they could possibly say, that would help me to cope with what I am doing, and would help to prevent my resentment from brewing? Why should I listen to their situations, when I'm so consumed with my own frustrations? But I've been advised it could help if I attend, and that if I go I might comprehend, why so many carers recommend. So I'll go along as has been suggested. I can always leave if I really detest it.

Well. It wasn't what I thought it would be. I was made so welcome, and I could see that my emotional status was comprehended, without explanation or being offended. These people understood just how I was feeling, and knew without asking with what I was dealing. They didn't berate me for reaching the end of my tether. Somehow I felt we were joined together, understanding each other and the implications, of being a carer and the loss of life expectations. People suggested things that were helpful, when life becomes mental and incredibly stressful, and believe it or not I actually laughed at what somebody said, which was really quite daft, but through the eyes of a carer would not seem abnormal, as conversation is honest, and not at all formal.

I'm learning to control my own reactions, to phone for a talk as an alternative action to losing my cool or becoming frustrated. Having someone to talk to can't be underrated. I feel such an integral part of this group, where I can talk about things and somehow recoup much of my life, which has become so disrupted, and where I can find the support to feel more adjusted.

I think it is, because within the group, I'm acknowledged as 'me', not just 'the carer' you see.