



Mindful Moments

Wellbeing care cards

Staying at Home

A Carer Wellbeing & Respite Program

Dementia Support Australia

Funded by the Australian Government
A service led by HammondCare



Mindful Moments

Wellbeing care cards

These **Mindful Moments** care cards offer practical tips, creative ideas and encouragement for self-care.

Each card provides a simple prompt to consider, which can be incorporated into daily life.

Acting as a gentle reminder to prioritise your own personal wellbeing, the cards can be displayed at home or shared with others as a meaningful activity to engage in together.

Remember, caring for yourself is an essential part of caring for someone else. You deserve support, too.

For more information, please visit dementia.com.au/MindfulMoments

Check in with your GP

Been meaning to schedule that GP visit? Take time to prioritise your health and book a regular check-up.



Prioritise your health

Don't delay that appointment, blood test, or check-up you've been putting off. Put your own health and wellbeing on the agenda.



Go for a walk outside

Moving your body is essential for wellbeing. Take a moment to step outside and enjoy a walk.



Do some stretches



Stretching boosts circulation, increases energy, and keeps your body agile and flexible. Just a few minutes of stretching can refresh your mind and prepare you to tackle daily tasks with ease.



Grab a healthy snack

Fueling your body is integral to be able to ensure you are feeling your best whilst looking after others. Have something to eat and take a minute to nourish yourself.



Cook something you love

A balanced diet helps you stay strong and resilient. Try cooking a simple recipe you've enjoyed in the past.



Try a new interest



Step out of your normal routine and try a new activity within your local community. This could have an uplifting impact on your wellbeing and it's a great way to build connections.



Be social, arrange a catch-up

Take time for a casual catch-up.
A simple conversation can strengthen
relationships and brighten your day.



Get out in nature

Spending time outdoors can reduce stress and offer a moment of mindfulness. Step outside, enjoy fresh air and reconnect with nature.



Practice controlled breathing

Pause for a moment and take a slow, deep breath. It's a simple way to calm your mind and restore balance.



Take time out

Taking time out is essential for your wellbeing. Schedule a short break or a day off to recharge and prevent burnout.



Contact your support network

You don't have to do everything alone. Reach out to family, friends or support services when you need assistance.



Phone a trusted person



Staying socially connected is key to your psychological wellbeing. Learn to accept offers of help and call a friend or family member to check-in and share about your day.



Pause for quality time



Schedule time for shared activities, whether it's a meal, a walk, or simply talking. Reminiscing about happy memories can be a powerful way to strengthen bonds, spark joy, and boost emotional wellbeing.



Avoid overcommitting yourself

It's so easy to say yes to everything and end up feeling overwhelmed. Learn to say no early and give yourself time to recharge.



Set your boundaries

Setting boundaries is essential. Stand firm in your decisions and prioritise what truly matters to you without feeling guilt. Remember you are human, not a superhero.



Stay safe and pause

It's easy to act without thinking, when rushed or under pressure. Keep safety top of mind and take a moment to pause before acting.



Protect your physical health

Your body is your foundation, treat it with care. Use proper posture, lift safely, take breaks to stretch and stay hydrated. Small habits can prevent injuries and keep you strong.



Nurture happiness



Be in the present moment and allow yourself time for joy. This may be as simple as reading a book, enjoying a hot drink or taking the time to plan enjoyable experiences.



Celebrate small wins



Acknowledge your progress, no matter how small. Be kind to yourself on the hard days, as you're doing your best in your caring role. Take time to appreciate each small win as a sign you're moving forward.



Staying at Home

A Carer Wellbeing & Respite Program

Staying at Home is a carer wellbeing and respite program designed to support those caring for people living with dementia.

Whether you've recently received a diagnosis or are supporting someone who has, this program offers practical advice and compassionate support to help carers and their loved ones remain connected to their community. All programs are provided free of charge, ensuring every carer can access the help they need without barriers.

With a range of options to suit different needs, Staying at Home includes multi-day resort-style retreats, flexible online webinars, and local information sessions. Carers and people living with dementia benefit from tailored respite, peer connection, and guidance from experienced clinicians.

**To learn more or register
your interest, visit
dementia.com.au/sah**



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Connecting you to support

If you or someone you care for is living with dementia, Dementia Support Australia is here to help.

Our free, nationwide service connects carers and families with expert advice and practical strategies to support changes in behaviour and wellbeing.

Anyone can make a referral inclusive of family, friends, GPs, or community workers. Our team will listen, understand your needs, and offer tailored support and care in whatever environment it is needed. Whether at home, in hospital, or in aged care, you are not alone.

Reach out today.
Visit dementia.com.au
or call 1800 699 799.

