

Caring for Someone with a Neurological Condition

For Carers and Whānau

Caring for someone with a neurological condition - whether it's stroke, Parkinson's, MS, or Cerebral Palsy - is a journey of deep love, patience, and resilience. It can be incredibly rewarding, but also physically and emotionally demanding.

This guide offers small daily tips to help you navigate care with compassion, while also remembering to care for yourself.

1. Begin with Presence, Not Perfection

You don't need to have all the answers. Just being there, with patience and warmth, makes a huge difference. Some days will be harder than others, and that's okay. Your presence matters more than perfect words or actions.

2. Help Keep Routines Simple

Neurological conditions can affect memory, movement, or mood. Creating a calm, predictable routine helps reduce stress.

- Use visual cues or checklists
- Break tasks into simple steps
- Allow extra time without rushing

3. Encourage Movement - Gently

Staying active can support the body and mind, even if it's just a stretch or walk to the kitchen.

Invite movement without pressure

- Celebrate effort, not just outcome
- Use rehab tools or routines from your therapy team

4. Communicate with Kindness

Sometimes words don't come easily, or emotions may be hard to express. Stay open.

- Ask simple, kind questions
- Offer choices where possible
- Use eye contact, touch, or shared silence to connect

5. Remember, You're Not Alone

You are part of a wider circle — whether you're a spouse, sibling, friend, support worker, or neighbour. You might be the main carer, or someone offering backup on hard days. All roles are important.

Your care, in any form, is deeply valued.

6. Care for Yourself Too

Burnout is real. You matter just as much as the person you're supporting.

- Take breaks, even short ones
- Eat, hydrate, and rest where you can
- Ask for help - it's a strength, not a failure

7. Talk to Each Other Often

Open kōrero creates shared understanding and better support for everyone involved.

- What's working?
- What's feeling heavy?
- What would help right now?

A Final Word

Caring is not a checklist, it's a relationship.

It will stretch you, grow you, and sometimes exhaust you. But it is grounded in love.

At NCF, we see you. We honour your role. And we're here with you every step of the way.