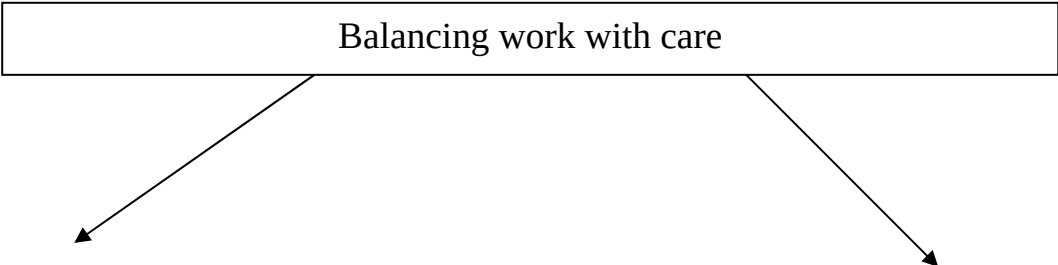


Balancing work with care



Factors supporting giving up work

Negative impact of caring on work

- Increase of burden
- Multiple responsibilities
- Invading thoughts and worries about home
- Compromised quality of work
- Giving up of career ambitions/ loss of job
- Guilt due to being unable to reciprocate favours in work environment

Failure to reconcile work and care

- Reliance on temporary solutions
- Separate out multiple roles
- Focus on 1 role at a time
- Guilt for not to give it all to caring

Negative impact of work on caring

- Perceived compromised commitment to care
- Deteriorating health of husband
- Deteriorating relationship with husband
- Resistance from husbands to carers' work
- Social expectations of wife as sole carer

Factors supporting staying in work / taking up work

- Prepared to hand over or share care with professionals or institutions
- Resistance to husband's demands
- Resistance to social expectations
- Admitting limits of own caring capabilities
- Acknowledge the need for care for oneself
- Assuming work as coping mechanism