

A carer's assessment to discuss what would make life easier for them.

Support to take a break and look after their own health.

Online and local information and advice.

Support (including equipment) for the person being cared for.

Advocacy to ensure their voice is heard.

What kind of services are available to help carers?

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Specialist support for young carers and young adult carers.

Support groups, social events and emotional support.

Planning for emergencies or for the future.

Training on how to care for someone.

Education, training and employment opportunities.

Help to recruit, train and support a personal assistant.

The chance to get involved in shaping services for carers.

Services may vary depending on your locality. Call Carers Trust on 0844 800 4361 or email info@carers.org for further details or visit www.carers.org or www.youngcarers.net.