



Help you can get from Carers Together

Do you often help look after someone in your family, a friend or neighbour?



You might help with things like:

- Shopping



- Cleaning



- Help with the garden





- Help someone to get washed and dressed



- Spend time with a person because they need someone to talk to or listen to them.
This is called emotional support.

If you do then you may be a carer.

How we can help you



Being a carer can make you feel good but sometimes you can feel stressed and tired.



If you need someone to talk to we will listen to you.



We can tell you about the help you can get to care for someone.

Or we can show you how to get more help.



We can help you meet other people who are carers.



We can help you to get the right welfare benefits.

Carers Assessments



If you don't get paid for being a carer you can have a carers assessment.



An assessment is a way to look at what help you might need.

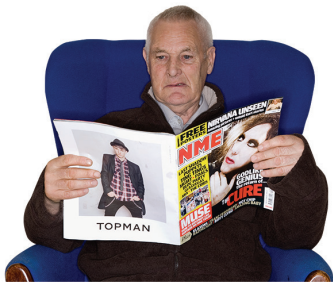
The help might be:



- Support groups



- Training



- Taking a break from caring



- Support from other people to help you care for the person

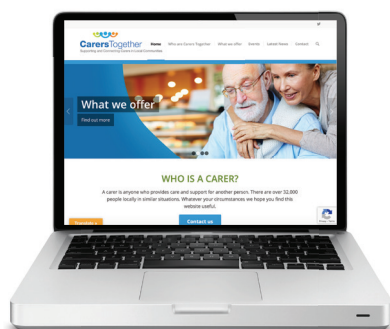
How to contact us



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