

# Are you a Carer?



If you answer **YES** to **ANY** of these questions, you may be a Carer and assistance may be available.

- Do you help a family member, friend or neighbour that:
  - is frail
  - has a disability
  - has a chronic illness; and/or
  - has a mental illness
  - and this is not your paid job?
- Is this help regular and on ongoing?
- Does this help involve showering, toileting, dressing or other personal care?
- Does this help involve cleaning, cooking, shopping, transport and/or assistance with bills or other paperwork?
- Does this help involve medication or other health care?
- Would this person have difficulty managing on their own if you could not provide regular and ongoing support?
- Do you receive Carers Allowance or no payment at all?

Contact us on **0845 241 0954** to find out if we can help.