Carer's guide to keeping well

Recognise you are a carer



Ask for help



Get a carer's assessment



Tell your GP and have a health check



Take a break



Eat well



Get some sleep



Make time for you



Talk about it



Give yourself credit



Have a hobby





More than three in five of us will become a unpaid carer at some point in our lifetime

We offer a range of support for unpaid carers and the people they look after including:

- Expert advice available to you online, or from our Advice Line, free magazine and email newsletter.
- Care in your home and community for adults and children.
- Dedicated staff to identify and arrange support for you.
- Emotional support including counselling.
- Specific support for young carers and young adult carers.
- Local carers' hubs and support from other carers.
- Learning and skills for caring.
- Breaks from looking after someone.
- Help to plan for the unexpected.

Inspected and rated Good
CareQuality Commission

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Find out more at **caringtogether.org**
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Registered Charity No. 1091522

Caring Together Charity
No unpaid carer in crisis