

'ARE YOU LOOKING AFTER SOMEONE?'



Ariennir gan
Lywodraeth Cymru
Funded by
Welsh Government

If so, you might be a carer.

If you're also over 50, looking after your own health and wellbeing is a priority.

There are local organisations and services to support you

Carers Trust Wales, www.carers.org or wales@carers.org

Age Cymru, www.ageuk.org.uk/cymru, advice@agecymru.org.uk or 0300 303 44 98

