



'ARE YOU LOOKING AFTER SOMEONE?'

If so, you might be a carer.

On a day to day basis an unpaid carer might do things like:

- ➔ **manage medicines**
- ➔ **provide personal and intimate care, such as washing and toileting**
- ➔ **manage challenging behaviours and complex needs**
- ➔ **cook meals**
- ➔ **provide emotional support**

for a family member or friend who would not be able to manage without them because of physical or mental ill-health, disability or problems related to old age.

There are organisations and services to support you as a carer

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

If you are also over the age of 50, looking after your own health and wellbeing is a priority.

Knowing you are a carer will help your GP and primary care team to support you to get the right care for yourself and the person you care for and to access your rights as a carer.

