DO YOU LOOK AFTER SOMEONE WHO COULDN'T COPE WITHOUT YOUR SUPPORT?

An unpaid carer is anyone who looks after, or gives any help or support to family members, friends, neighbours or others because of long-term physical or mental ill-health or disability, or problems related to growing older. Older carers may be particularly vulnerable - continuing to care whilst their own physical and mental health deteriorates.

To help us give you the best support and advice possible, you can let us know about your caring role the next time you have an appointment with us.

If you want to find out more about your rights as a carer you can look at this guide online - "Understanding your rights as a carer."
Or this resource produced by Age Cymru and Carers Trust Wales.

GET IN TOUCH:

Carers Trust Wales 0300 77299702 wales@carers.org www.carers.org/wales
Age Cymru 08000 223 444 advice@agecymru.org.uk www.agecymru.org.uk/cymru

LET'S MAKE CARING MORE VISIBLE AND VALUED