

PART 1: Am I a carer?



Am I a carer?

Do you spend lots of time every week making sure another person is safe and well?

Yes No Sometimes Not sure

Do you think the person you look after would be able to manage without your help?

Yes No Sometimes Not sure

Do you find it difficult to do the things you want to do because of looking after someone else?

Yes No Sometimes Not sure

If you ticked 'yes' to one or more of these questions, then you are probably a carer.



What is a carer?

A carer is someone who helps another person who would not be able to manage to live at home without help.

If you always spend quite a lot of your time each week helping someone else then you might be a carer.

Carers usually look after people from their family, like their mum or dad, brother or sister. Carers might also look after their husband, wife, partner or a friend.



Most of the time carers live with the person they look after, but not always. For example, some people live near their elderly parents and visit every day to make sure they are not lonely and to help with things like shopping and cleaning.



Carers are not paid for caring, but they might get an extra benefit called **Carers Allowance**. People whose paid job is to look after someone else are called care workers but sometimes people call them carers too. It can be very confusing!

People who are carers might do lots of different things to help. Some people may need lots of help with every day things like getting up, making a meal, taking their pills or using the toilet. Other people might need someone just to help make sure they stay safe or to stop them being lonely and upset.



Sometimes people don't think they are carers. They may feel they are just helping like anyone else would. It is important that people know they are carers because then they should be able to make more choices about:

- if they want to carry on caring
- getting help with caring
- how people support them as carers

Important Point:

Understanding your rights as a carer can help you get the support you need