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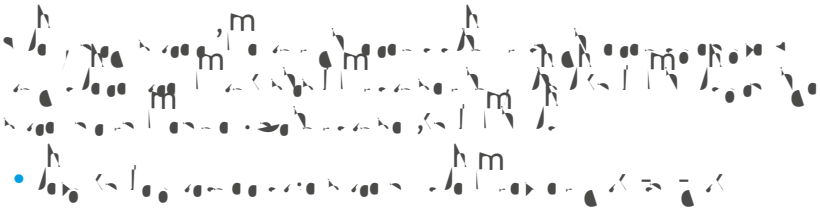
Getting the help you need

When you're looking after someone, it can be hard to remember to look after yourself too. But the right support can help make life easier.

Am I a carer?



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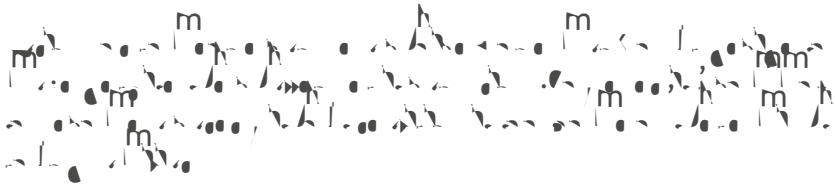
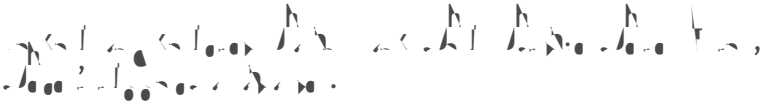


Help for carers

- **financial support** (
- **help looking after yourself**,
- **assistance from social services**,



"I can't fit in the hobbies and activities I used to enjoy. Caring takes up all my time."

"I'm finding things difficult because of health or personal reasons."

"I can't find enough time for myself, my family and my friends."

"The person I'm looking after is getting worse, and I'm worried about how to cope."

Assessing the needs of the person you care for

What will happen?

Financial support

Getting some financial support in place can be a real help when you're caring for someone.

Carer's Allowance

£81.90 202 -2

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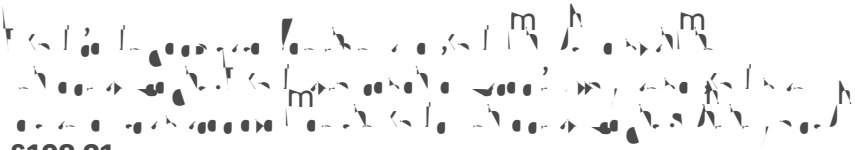
1.90

Universal Credit



£198.31

Attendance Allowance (AA)

How do they claim?

GOV.UK

Next steps

Attendance Allowance

Mealtimes

Help with medical treatment

Communicating

What if the application is turned down?

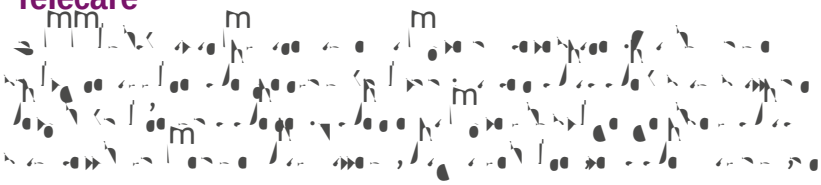
Good to know

Practical tips and advice

Caring for someone can be tiring, both physically and emotionally – but there are ways to ease some of the strain and give you both some peace of mind.

Helpful technology

Telecare



Protecting yourself

Caring and your health

Next steps

Healthy living **Your mind matters**

Making time for yourself

Your doctor can help

Taking a break from caring

Respite care

- **Services at home**
- **Day care**
- **Residential care**

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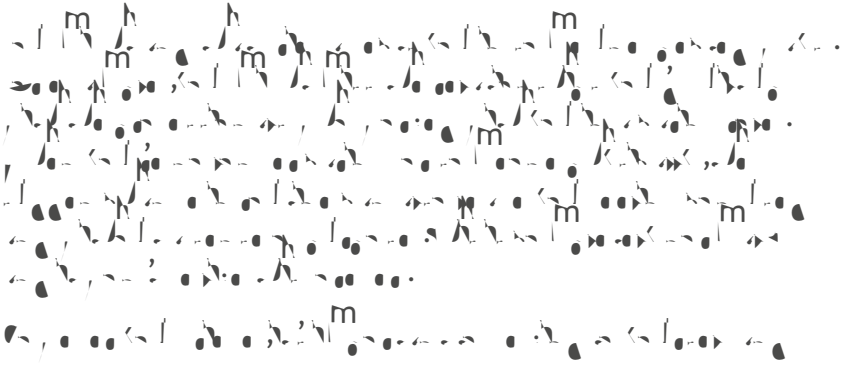
If the person you care for is considering a care home

If the person you care for dies

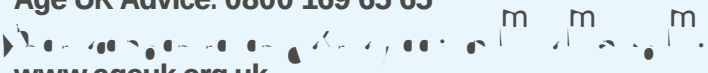


Carers support organisations

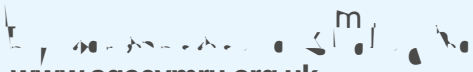
Useful organisations

Age UK

Age UK Advice: 0800 169 65 65



www.ageuk.org.uk

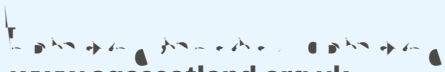


0300 303 44 98

www.agecymru.org.uk

0808 808 7575

www.ageni.org



0800 124 4222

www.agescotland.org.uk

Attendance Allowance helpline

GOV.UK

www.gov.uk

GOV.Wales

www.gov.wales

NI Direct

www.nidirect.gov.uk

Healthcare Inspectorate Wales (HIW)

0300 062 8163
www.hiw.org.uk

Hourglass

0808 808 8141
www.wearehourglass.org

Living Made Easy

www.livingmadeeasy.org.uk

Northern Ireland Social Care Council

02895 362 600
www.niscc.info

Personal Independence Payment Centre (Northern Ireland)

0800 012 1573

0800 587 0937

www.nidirect.gov.uk/contacts/personal-independence-payment-pip-centre

FUNDRAISING REGULATOR

† The Age UK network includes the charity, its trading companies and national partners (Cymru, Scotland and NI). We also work closely with local Age UKs. Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Age UK, 7th Floor, One America Square, 17 Crosswall, London EC3N 2LB.

Can you help Age UK?

Freepost Age UK REPLY. 0800 077 8751 www.ageuk.org.uk/donate.

Your details

00 1 MXAQ-24CA03-C009

☐ I would

☐ I do not

contact@ageuk.org.uk 0800 169 8787.

www.ageuk.org.uk/help/privacy-policy.

Your gift

£10 ☐ £15 ☐ £20 ☐ My choice £

☐ or

☐ ☐ ☐

Age UK provides a range of services and your gift will go wherever the need is the greatest.

Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

Give your views on guides like this

www.ageuk.org.uk/readers-panel.

2

Donate to us

0800 169 8787

www.ageuk.org.uk/donate.

Volunteer with us

www.ageuk.org.uk/volunteer.

Campaign with us

www.ageuk.org.uk/campaigns.

Remember us in your will

020 3033 1421 www.ageuk.org.uk/legacy.

0800 169 65 65
www.ageuk.org.uk

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