

A carer is anyone who cares, **unpaid**, for a friend or family member who   
due to illness, disability, a mental health problem or an addiction cannot cope without their support.

Services may vary depending on your locality. For more information on support for carers, visit Carers Trust’s website at Carers.org or contact your local carers service.

Support groups, social events and emotional support.

Training on how to care for someone.

Education, training and employment opportunities.

The chance to get involved in shaping services for carers.

Planning for emergencies or for the future.

Support if   
you’re a young carer or young adult carer.

Online and local information and advice.

Support to take

a break and

look after your

own health.

A carer’s assessment to discuss what would make life easier for you.

Help to recruit, train and support   
a personal assistant.

Support, including equipment, for the person you care for.

Advocacy to make sure your voice is heard.

**What help is available if you look after someone who can’t get by without your support?**

Pharmacy logo/details here

**How we support our patients  
and customers who are carers**

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