

Looking after a loved one can be **tough**

Laundry ✓
cleaning ✓
dinner
collect prescription

Read up
on Carers
Allowance

Leave
tablets out
for Dad

Pay gas bill
today.
New tariff?

...but
you're not
on your
own.

Ring bank
re. overdraft

Phone Carers UK
0808 808 7777

Arrange GP
visit THURS
3pm?

Get more
incontinence
pads *

We're here to give you the help and support you need to look after your loved ones and live your own life.

advice@carersuk.org



0808 808 7777

 **carersUK**
making life better for carers



carersuk.org