

Caring for Family and Friends



If you look after anyone who has an illness or disability and they need your help and support, then the law says you are a carer.



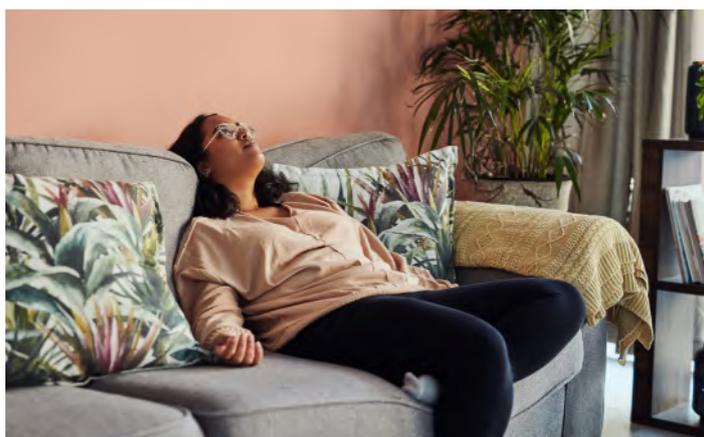
Many people can become a carer, it does not matter if they have other responsibilities like a job or volunteer role.

If you are a carer we may be able to provide you with help and support.



[I need some help](#)

There is support available to help you with being a carer.



[Carer's leave and breaks](#)

We understand that staying on your own and living independently is important to you, but sometimes your carer's need a break.