

# Help and Support for Unpaid Carers

**Recognising your role as a carer is an important step towards ensuring you get the right help and support.**

## What is a carer?

If you provide regular unpaid help and support to a partner, relative or friend who's struggling to cope alone, then you're a carer.

## Am I a carer?

## What do I need to know?

### Carers assessment

All carers are entitled to a free carer's assessment of their needs it looks at how caring affects your life, including your physical, mental and emotional needs.

### Your rights

Carers are protected by certain rights around caring and in the workplace that can help keep a balance between caring and life.

### Financial support

Being a carer can also bring particular financial pressures, and there are resources that can help you deal with them.

### Looking after yourself

It can be difficult to find time for yourself, but your own health and wellbeing are just as important.

**Action for Carers Oxfordshire** can help you find the information, advice and support you need.

## How can we help?

We offer peer support through talking other carers and **sharing experiences and information.**

You can speak with one of our experts, who offer personal support in looking after **your needs as a carer.**

We regularly offer **free activities and events.**

We can give you access to specially designed free workshops/courses that give **practical and emotional support** for carers and ex-carers.

We have volunteers who can offer to **help you in the community.**

You can have **free access to a wide range of digital tools and essential resources** that may help make a caring situation easier.

You can get our **regular newsletter 'Care Matters'**, as well as our info mails that provide **news and articles specific to carers.**

We can provide support in **planning for the unexpected.**

## Get in touch.



**Action for Carers**  
Oxfordshire

To find out more

Give us a ring on  
**01235 424715**

Send us an email to  
**carersreferrals@carersoxfordshire.org.uk**

