

YOU MIGHT NOT REALISE IT

Are you a *carer*?

Most carers never call themselves one. They're just a daughter, a husband, a friend – doing what needs doing. But if any of these sound like you, there's free help you may be missing.

- You help someone with shopping, cooking, cleaning, or bills.
- You manage their medications or take them to appointments.
- You check in daily because you worry about them.
- You help with washing, dressing, or moving around.

If you ticked even one, you may be a carer in the eyes of the system – which can mean payments, respite, and support you didn't know existed.



Scan to find out what you might be entitled to.

carercompass.org

Free. No sign-up. Point your phone camera at the code.