

FOR FAMILIES CARING FOR SOMEONE

# You're not alone *in this.*

Caring for an ageing parent or partner is one of the hardest things you'll ever do – and most people start with no idea where to turn. CarerCompass is a free, GP-written guide to help you find your way, across six countries.

**Free**

**No sign-up**

**Written by a doctor**

**6 countries**

## What you'll find

### **Crisis help**

What to do when something happens and you don't know who to call.

### **Money you may be owed**

Check which payments and supports you might be eligible for.

### **Plain-English guides**

Dementia, hospital discharge, care homes, power of attorney.



**Scan with your phone camera to explore – it's free.**

**[carercompass.org](https://carercompass.org)**

No app needed. Point your camera at the code.