



Am I a Family Carer?

Do you help a family member, child, friend or neighbour that:

- ♦ is frail
- ♦ has a disability or special needs
- ♦ has a chronic illness and/or
- ♦ has a mental illness
- ♦ has dementia/Alzheimer's
- ♦ has a substance misuse problem with drugs or alcohol

and this is not your paid job?

Please tick as many of these statements that apply to you

- Is this help regular and ongoing?
- Does this help involve showering, toileting, dressing or other personal care?
- Does this help involve cleaning, cooking, shopping, transport and/or assistance with bills or other paperwork?
- Does this help involve medication or other health care?
- Would this person have difficulty managing on their own if you could not provide regular and ongoing support?
- Do you receive Carers Allowance or no payment at all?

If you can tick any of these you are a family carer.

**For support and information contact
Carers Trust Cambridgeshire
0845 241 0954 or 01480 499090
www.carerstrustcambridgeshire.org**