



Cardiff and Vale University Health Board
Unpaid Carers Information Service

Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Gwasanaeth Gwybodaeth i Ofalwyr Di-dâ

Are you an Unpaid Carer?

Unpaid carers are anyone who provides care to a family member, friend or neighbour who is not able to carry out day-to-day tasks or cope on their own without support because they are elderly, disabled or have a long-term illness. Carers are not paid to provide support but can be in receipt of benefits or allowances.

Many carers do not see themselves as carers because they are looking after family and so they might not get the help and support which they are entitled to.

Carers provide many different types of support, which can include:

- helping with personal care
- emotional support
- cleaning, shopping and dealing with finances
- reminding someone to take their medication
- taking someone to appointments who cannot go alone.

Young Carers

Young carers are carers under the age of 18. Their lives are affected in some way by caring for someone, usually a family member. Many young carers have the same responsibilities and face the same issues as adult carers. Caring can affect their lives as children. It can lead to limited opportunities, education problems, bullying, lack of understanding from peers, isolation, health and emotional difficulties. They also worry that if they talk to someone, their parents may get into trouble, they will be separated from their families or their family will be broken up.



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We are here to help



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