

Are you a carer?

Do you provide unpaid care for someone who couldn't cope without your help? If so, there are a range of carer support services to help you with your caring role.

A carer is anyone including children and adults who provide unpaid support with day to day living tasks or personal care to a family member, partner or friend.

The person they care for could be ill, frail, suffer from a physical or mental health condition or impairment, autistic, living with dementia, or drug or alcohol dependent.

Derbyshire Carers Association (DCA) support includes:

- information and advice helpline
- face-to-face, home visits and telephone support
- planning for emergencies
- support groups
- carer's assessments and support planning
- skills for caring
- financial and legal advice
- social activities and events
- transitional support for parent carers
- carers in employment programme
- health and GP liaison
- Carers Voice
- volunteering and more.

Visit <https://derbyshirecarers.co.uk/> for help, advice, and support or call DCA on 01773 833833.