

# Checklist for carers



Whether you've just started **looking after a loved one** or have been **supporting someone** for a while, this checklist will **help you get the support and information** you need.

## Your wellbeing

- Get a carer's assessment from your local council.
- Register as a carer with your GP.
- Make time for yourself and your interests as often as you can.
- Take a break from caring - there are ways to arrange respite care.

## Your money

- Apply for Carers' Allowance.
- Use Age UK's benefits calculator to check if there are any other benefits you could be claiming.

**Caring can sometimes feel lonely, and it's OK to admit it's all getting a bit much. Here's who you can talk to for advice, support, or just a listening ear:**

- Your local Age UK.
- A relevant charity, eg Parkinson's UK, Alzheimer's Society, MS Society.
- Your doctor or other healthcare provider.
- A carers' group, eg Carers UK.
- Online forums.
- Memory cafes.

## Your work

- Tell your employer about your caring responsibilities.
- Think about asking for flexible working.

## For the person you care for

- Make sure they have a care needs assessment from the local council.
- Help them complete a benefits check.
- Consider if any home adaptations would make their life easier.
- It may be useful to think about future care needs, their preferences, powers of attorney and whether their will is up to date.



Go to [ageuk.org.uk/carerschecklist](https://ageuk.org.uk/carerschecklist) for more information on everything in this checklist.