Support for Carers and Those with Caring Responsibilities

Are you an unpaid carer?

An unpaid carer is someone who looks after a family member, friend, or neighbour who needs help because of illness, disability, mental health needs, or age.

Caring can be rewarding, but it can also be tiring and stressful. Research shows that unpaid carers who provide high levels of support are **twice as likely to experience poor health** compared to people without caring responsibilities.

You are not alone. **Support is available**, and finding the right help can make a real difference to your wellbeing and help you continue in your caring role.

Useful Support Services

Devon Carers

Provides information, advice, and practical support for unpaid carers. They can help with:

- Emotional support
- Carers assessments
- Advice about benefits and services

https://devoncarers.org.uk/

Adult Social Care (Devon County Council)

Supports people with day-to-day living when illness or disability makes things difficult. They can help arrange:

- Care at home
- Equipment or adaptations
- Support plans

https://www.devon.gov.uk/adult-social-care/devon-social-care/contact-us/

Age Concern (Barnstaple and North Devon)

Age Concern provides a wide range of local support services, including:

- Benefits Service
- Community Transport
- Shopping Service
- Carer Support
- Wheelchair/Scooter Hire

https://ageconcernnorthdevon.org.uk/#

Independent Living Centre – Devon

An NHS therapy team that helps people find **equipment and solutions** to stay:

- Active
- Safe
- Independent at home

https://www.independentlivingcentre.org.uk/

Alzheimer's Society

Offers support for people living with dementia and their families, including:

- Information and advice
- Emotional support
- Dementia services and groups

https://www.alzheimers.org.uk/

Remember

- Looking after yourself is just as important as looking after others
- Asking for help is a sign of strength, not weakness
- Support can improve your health, wellbeing, and quality of life

If you would like help accessing any of these services, speak to the **Wellbeing Team**