

Do you look after someone?

Who do you care for?

You could be caring for a relative, friend or neighbour of any age, who through illness, disability, addiction or frailty can't manage on their own.

Do you need information or support?

You may see it as part of your life or duty to care, but there may be times when you need information or some help. Being a carer can affect your health and well-being.

How can your surgery help you?

Ask surgery staff for a **yellow card** and register as a carer. This information will be added to your medical records, and will enable surgery staff to support you in your caring role.

What other help is available?

You can also use the **yellow card** to get *free* information and support from Carers Action Worcestershire, such as practical sessions, telephone support, special events, helpful information and more...

**carers
action**
worcestershire

Carers Helpline 0300 012 4272

**Call us any time, day or night,
7 days a week**