



Carer [noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support in later life:

Washing bodies. And laundry. And dishes.

Keeping appointments. And records. And tempers.

Giving medicine. And time. And hugs.

Filling forms. And fridges. And silences.

Dealing with doctors. And nurses. And pharmacists.

And social workers. And benefits agencies.

And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

Looking after someone?

Find out about the help
and support available at
carersweek.org

Headline supporter



Carers Week has been made possible by Carers UK working with six other national charities.

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