

# Charities and Communities

## Carers UK

Carers UK have developed lots of resources for carers, which you can find on their website.

### Looking after someone

This guide is for anyone who cares for family or friends. The guide outlines your rights as a carer and gives an overview of the practical and financial support available.

**Web** [carersuk.org/help-and-advice/get-resources/looking-after-someone](https://carersuk.org/help-and-advice/get-resources/looking-after-someone)

### Upfront guide to caring

It can be complicated to understand all the benefits and entitlements your or your loved one may be eligible for.

Carers UK have developed a simple tool for carers to help direct you to the information you need most.

Visit their website, and enter your details into the form. They'll send you a guide with helpful information.

**Call** [0808 808 7777](tel:08088087777)

**Web** [carersuk.org/upfront](https://carersuk.org/upfront)

**Email** [advice@carersuk.org](mailto:advice@carersuk.org)

### Being Heard: a self-advocacy guide for carers

The aim of this guidance is to help you get your voice heard when you care for someone.

Self-advocacy is about being able to have your own needs listened to, as well as speaking up for the person you care for.

**Web** [carersuk.org](https://carersuk.org)

**Web** [carersuk.org/help-and-advice/get-resources](https://carersuk.org/help-and-advice/get-resources)

## **Carers Trust**

The Carers Trust aim to raise awareness of unpaid carers in the UK and give carers a voice. Visit their website for helpful resources.

**Web** [carers.org](http://carers.org)

## **Citizens Advice**

Citizens Advice provide practical help regarding benefits, entitlements and support.

**Web** [citizensadvice.org.uk/about-us/contact-us](http://citizensadvice.org.uk/about-us/contact-us)

**Web** [citizensadvice.org.uk/family/looking-after-people/carers-help-and-support](http://citizensadvice.org.uk/family/looking-after-people/carers-help-and-support)

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