

# DO YOU LOOK AFTER SOMEONE?

**Do you help a family member to get dressed?**

**Do you collect medicine for a relative?**

**Do you look after the family budget?**

**Do you clean or cook at home?**

**Do you help a relative when they are down or stressed?**

**Do you do the weekly food shop?**

**A young carer is someone aged 18 or under who looks after or helps to look after someone. It might be your mum or dad, grandparent, brother or sister or a close relative.**

## We are here to help

**We know that looking after someone takes up a lot of time and it can sometimes be very difficult to cope.**



**0800 368 8349**



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