

# CHECKLIST FOR NEW CARERS

## BENEFITS & ENTITLEMENTS

- ☐ Check if you're eligible for Carer's Allowance
- ☐ Ensure your loved one is claiming any benefits they're entitled to
- ☐ Request a Carer's Assessment and a Needs Assessment
- ☐ See if you can get free or discounted equipment
- ☐ Look into travel or parking discounts

## SUPPORT & COMMUNITY

- ☐ Join a peer support group, online or in person
- ☐ Contact local charities or support agencies
- ☐ Explore online carer forums and helplines (e.g. Carers UK, Carers Trust)
- ☐ Ask friends or family for help with specific tasks — it's okay to share the load

## HOME & PRACTICAL PREPARATION

- ☐ Create an emergency plan
- ☐ Keep a folder or digital record of key documents
- ☐ Label and organise daily care routines
- ☐ Install safety equipment

## REGISTERING AS A CARER

- ☐ Tell your GP you're a carer
- ☐ Register yourself as a carer with Carer Support Dorset
- ☐ Inform your employer
- ☐ Sign up for carer ID or emergency card schemes

**YOU DON'T HAVE TO DO EVERYTHING AT ONCE. KEEP THIS LIST SOMEWHERE VISIBLE AND TACKLE A FEW STEPS AT A TIME.**

**IF YOU NEED SUPPORT AS A CARER PLEASE EMAIL  
ADMIN@CARERSUPPORTDORSET.CO.UK, OR CALL US ON  
0800 368 8349.**