



Support our carers

Who is a Carer?

Anyone who provides unpaid support to a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse issues. Carers often feel that they are doing what anyone else would in that situation; looking after mum, son or best friend and just getting on with it, but caring can be physically and emotionally demanding so it is important for caring responsibilities to be recognised and for support to be offered.

Types of carer

Parent carer

A parent or guardian who supports an ill or disabled child including a child or young person who is misusing or abusing substances and/or alcohol, where the support is greater than would be expected in a parenting role.

Young carer

A child or young person under 18 who provides regular, ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

Working carer

Where a person is in employment or education whilst caring.

Multiple carer

Someone who cares for more than one person.

Older carer

A carer over the age of 65.

Sandwich carer

A carer who has caring responsibilities for different generations, such as children and parents at the same time.

Mutual caring

Where people with their own care needs are providing care to their ageing or disabled relatives or friends.

**WE
CARE.
DON'T
YOU?**

The carers campaign

Value of unpaid care given
to friends and family*



2001



2015

Value of
UK health
spending*



*Source: Valuing Carers 2015 - the rising value of carers' support published by Carers UK

**Don't forget to pick up
a copy of our leaflet**

