

Unpaid carers

The person you're supporting may be an unpaid carer for the other person/s they live with. It's useful for you to be aware of this when you're providing help.

- A carer is anyone of any age, who provides unpaid care and support to a relative, friend or neighbour who is disabled, physically or mentally ill, or affected by substance misuse.
- Carers can be involved in a whole range of practical, physical, personal and administrative tasks. Examples might include; cooking; housework; lifting, washing and dressing the person cared for; helping with toileting needs; administering medication; and providing emotional support.

It might help the person you're supporting to connect with other carers – Carers Wales are running a Care for a Cuppa every Wednesday where carers can meet virtually for a coffee and a chat: See: <https://www.carersuk.org/wales/get-support/local-support>

There are also forums that carers can join to share experiences with people in a similar situation: <https://www.carersuk.org/help-and-advice/get-support/carersuk-forum>

Emergency plan

Carers Wales advise all carers to create an emergency plan – for them and all those they look after. Having a plan in place can help ease their worries if they aren't able to care for those they look after at any point in the future.

You could support the carer to complete this plan so you're aware of the support needed.

For further information on creating an emergency plan see: <https://www.carersuk.org/search/planning-for-emergencies>

Support with caring for someone at home

If someone you support as a 'Friend' needs help with caring for someone at home but aren't sure who to contact, they can contact their local council who will be able to help them and assess any social care needs they might have.

For more information about the support available for unpaid carers during this time see:

- [Carers Wales](#)
- [Carers Trust Wales](#)

If the person you're supporting needs further help and is aged 50 or over they can contact Age Cymru Advice on **0300 303 44 98**, available 9:00am to 4:00pm, Monday to Friday, or email advice@agecymru.org.uk

If the person you're supporting needs further help and is aged under 50, they can call Citizens Advice on **0800 702 20 20**, available 9am to 5pm, Monday to Friday, or visit www.citizensadvice.org.uk/wales/