Checklist for carers

Whether you’ve just started looking after a loved one or have been supporting someone for a while, this checklist will help you get the support and information you need.

Your wellbeing

☐ Get a carer’s assessment from your local council.

☐ Register as a carer with your GP.

☐ Make time for yourself and your interests as often as you can.

☐ Take a break from caring - there are ways to arrange respite care.

Your work

☐ Tell your employer about your caring responsibilities.

☐ Think about asking for flexible working.

For the person you care for

☐ Make sure they have a care needs assessment from the local council.

☐ Help them complete a benefits check.

☐ Consider if any home adaptations would make their life easier.

☐ It may be useful to think about future care needs, their preferences, powers of attorney and whether their will is up to date.

Your money

☐ Apply for Carers’ Allowance.

☐ Use Age UK’s benefits calculator to check if there are any other benefits you could be claiming.

Caring can sometimes feel lonely, and it’s OK to admit it’s all getting a bit much. Here’s who you can talk to for advice, support, or just a listening ear:

☐ Your local Age UK.

☐ A relevant charity, eg Parkinson’s UK, Alzheimer’s Society, MS Society.

☐ Your doctor or other healthcare provider.

☐ A carers’ group, eg Carers UK.

☐ Online forums.

☐ Memory cafes.

Go to ageuk.org.uk/carerschecklist for more information on everything in this checklist.