

DEPENDABILITY

Care and support for you and your family.

We are here to help you...

We are only a phone call away 020 8998 3707



Do you help a family member?

Who has?

Many people do not see themselves as family carers.

Family carers tell us they feel guilty about asking for or wanting help

- Dementia or Alzheimer's
- Had a Stroke
- A Physical Disability
- Become Frail or is poorly

and this is not your paid job.

Some people are eligible for payments for support for themselves or their Family Carer through direct payments, following a statutory care or carer's assessment

ARE YOU A
FAMILY CARER



TAKE THE QUIZ



Please Tick Statements that apply.

I help with cleaning, cooking, shopping assistance with bills and transport.

My help is regular and on-going.

I help with medication and other health checking.

I help with showering, dressing, toileting, etc.

The person I help would have difficulty managing without me

If you tick any of these you are a family carer.



We are regulated by the Care Quality Commission

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