

Are you a carer?

I'm a carer because I...

Administer medication



Help with financial matters



Help with personal care



Provide practical support



Provide physical help



Give emotional support



1 in 8 employees is a carer

And I have rights



Get a needs assessment



Ask about the carers policy at work



Check which benefits I'm entitled to



Receive respite care



Find out about aids, equipment and adaptations

But I need to look after myself too, by...

Joining peer support groups



Asking for help



Getting enough sleep



Taking care of my mental health



Staying in touch with friends



Finding time for myself



Taking care of myself is just as important

bwcharity.org.uk/relationships/caring

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