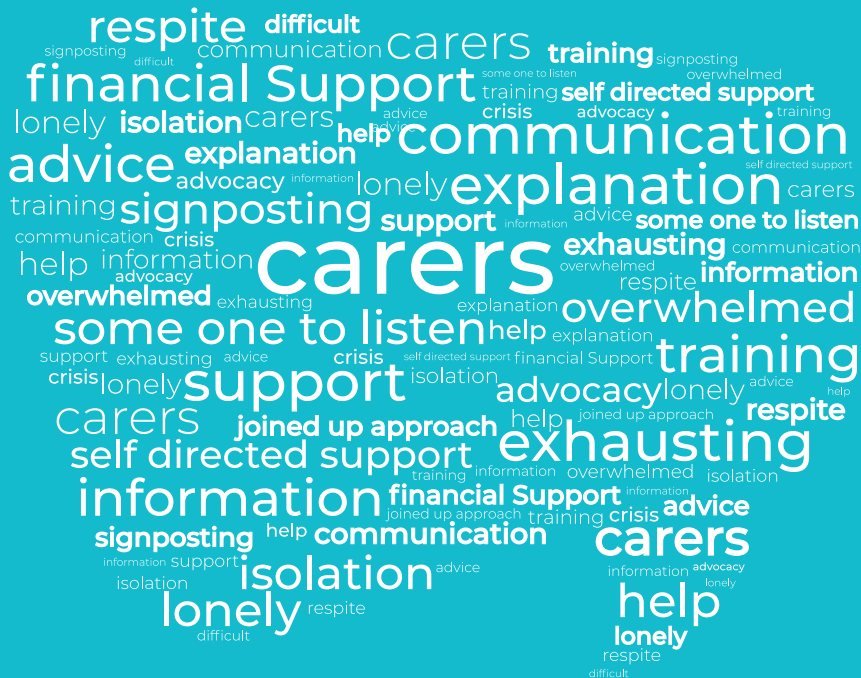


Hot Tips Voices of Carers



Presented by your
Local Engagement Partnership



Improving and Safeguarding
Social Wellbeing

Give me the resources to be able to recognise myself as a carer and to know that I am valued and supported.



Speak to me as an individual with a life outside of being a carer. I'm more than just a label. Encourage me to think about how I could find even a little 'me time.'



Provide me with useful contact numbers so I know where help is available 24/7, especially when I'm in crisis.



Reinforce my role as a carer with tips and practical support around carers support needs in my own right. Remember one size does not fit all.

I welcome advice and guidance specific to the medical condition of my loved one and what to expect in the future.



When offering support think about things that could have an impact on me being in a position to avail of it or benefit from it.



Caring can be overwhelming. Sharing experiences with like-minded people is crucial so that I don't feel so alone or isolated. Carers support groups can stop me feeling so alone.



Let me know it's ok to say that I'm struggling. It's important I know that there are people around who can support and advise me.

Empower me as a carer by supporting me to understand carer and patient rights and how to get the help I need.



I am the advocate for my loved one but who represents me? Talking to a carers advocate will provide enormous relief.



Co-produced by the
Local Engagement Partnership

"Unpaid carers are the backbone of society"

NI Health Minister Robin Swann, April 2021



Make your voice matter LEP into the future with us

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 **South Eastern Health
and Social Care Trust**



*Improving and Safeguarding
Social Wellbeing*