



Am I A Carer Quiz



Helping out with domestic tasks

- I do their food shopping
- I help keep their home tidy
- I help them do their Laundry

Supporting a person outside of the home

- They wouldn't be able to leave the house without my assistance
- I help them travel to appointments
- I assist them in meeting up with family and friends



Helping them with personal care

- I help them to wash themselves
- I help them get dressed
- I help them to organise or take their medication



Providing emotional support

- I visit multiple times a week
- I call or text them regularly to check on their wellbeing
- I supervise them as they cannot be left alone

Assisting with a person's finances

- I help pay their bills
- I have control of / organise their finances
- I help them with budgeting



If 3 or more apply to you, you might be an unpaid carer.

What do I do next?

Fill in our registration form at unpaidcarers.org.uk