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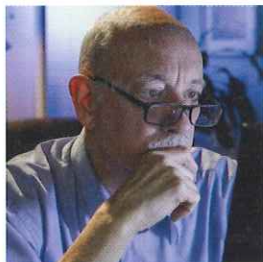
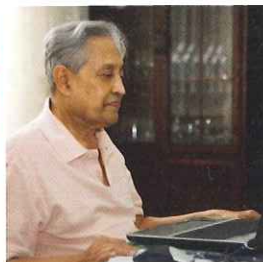
In collaboration with



Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Register for our FREE digital resources and get the help you need today.



More support

Talk to Surrey's carer support service. **Action for Carers** can provide someone to speak to in confidence, access to support groups and social events and help with obtaining services for you, and the person you look after. For more information, email carersupport@actionforcarers.org.uk, or call 0303 040 1234 at your own convenience.

You can also complete a carers assessment online:

www.surreycc.gov.uk/adultsocialcareonline

Turn over to
find out more



We've teamed up with Carers UK to give carers in our area access to a wide range of digital tools and essential resources that may help make your caring situation easier.

Visit carersdigital.org and create an account using your Free Access Code: **DGTL3562**

You will have access to tools and resources including:



E-learning Helping carers build resilience

Designed to help you access advice and information relevant to your situation, find resources and identify sources of support including technology, as well as promote your own health and wellbeing.



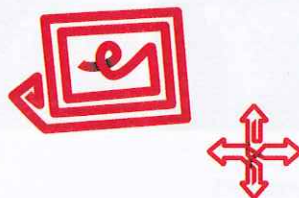
Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone – Carers Rights Guide* and *Being heard: A self-advocacy guide for carers*.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



More resources and information Links to local resources

Access links to further resources and sources of information and support for people who are looking after a loved one.