



The organisations below can provide information and support for carers of all ages.

#### **Carers Direct**

Carers Direct offers information, advice and support and how to take care of yourself, for carers in England.

[www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

#### **Care Directions**

Care Directions provides detailed advice and information on a range of health and care issues for older people.

[www.caredirections.co.uk](http://www.caredirections.co.uk)

#### **Carers Federation**

The Carers Federation provides support for all carers, including programmes for public and patient involvement, for people with mental health issues and those needing counselling support.

[www.carersfederation.co.uk](http://www.carersfederation.co.uk)

#### **Carers Trust**

Carers Trust provides information, support and practical help to make it easier for carers.

[www.carers.org](http://www.carers.org)

[www.youngcarers.net](http://www.youngcarers.net)

#### **Barnardo's**

Barnardo's is a children's charity that offers support to young carers.

[www.barnardos.org.uk](http://www.barnardos.org.uk)

#### **The Children's Society**

The Children's Society is a children's charity that offers support for young carers.

[www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

#### **Royal Association for Deaf people**

If you're deaf or hard of hearing, the Royal Association for Deaf people has produced a carer's toolkit. All the information is signed in BSL with subtitles and available online. It's also available as a written information pack with a DVD.

[www.deafcarers.royaldeaf.org.uk](http://www.deafcarers.royaldeaf.org.uk)

#### **Caring for people with Parkinson's**

Finding out as much as you can about Parkinson's can help you understand what kind of care is required and how to manage the treatment of Parkinson's.

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

#### **Caring for people with Dementia**

The best way for carers to access information or get hold of some free publications relating to Dementia.

[www.alzheimers.org.uk](http://www.alzheimers.org.uk).