

What counts as caring?

- Being there for them
- Arranging appointments
- Cooking and cleaning
- Managing finances
- Help with personal care
- Administering medication
- Providing emotional support
- Help with moving around

**If you're often doing these for a loved one,
you may be their caregiver.**

Caring for someone who cannot cope without
your help can be tough - we're here for you.



For more information and support search:
Caregivers Connected Gateshead

Caregivers Connected Gateshead is a service ran by
Carers Federation, registered charity 1050779