

## 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.

