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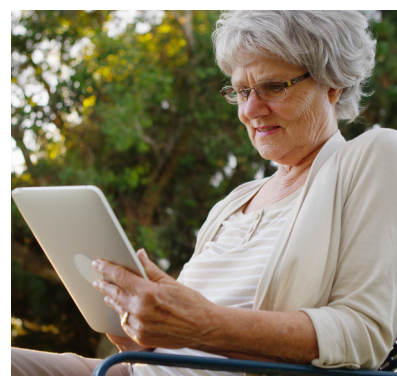
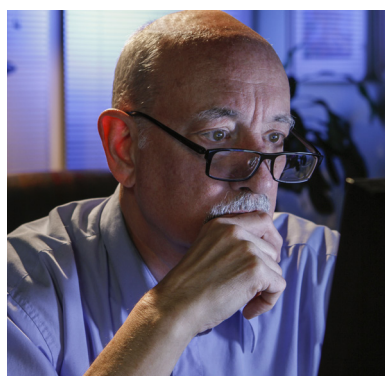
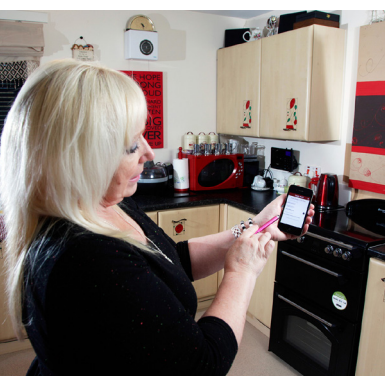


In collaboration with



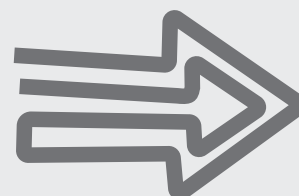
# Looking after someone?

**FREE**  
digital resources  
for carers



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.

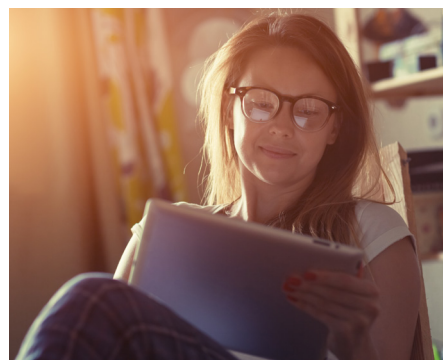


Turn over to  
find out more.

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 their caring situation easier.

Visit **carersdigital.org**

Create an account using your **free access code:**



# DGTL1994

Use this code to get free access to all the digital products and online resources, including:



## E-Learning

### Helping carers build resilience

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

## 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.



## 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



## More resources & info

### Links to local resources

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