Survey of Carers

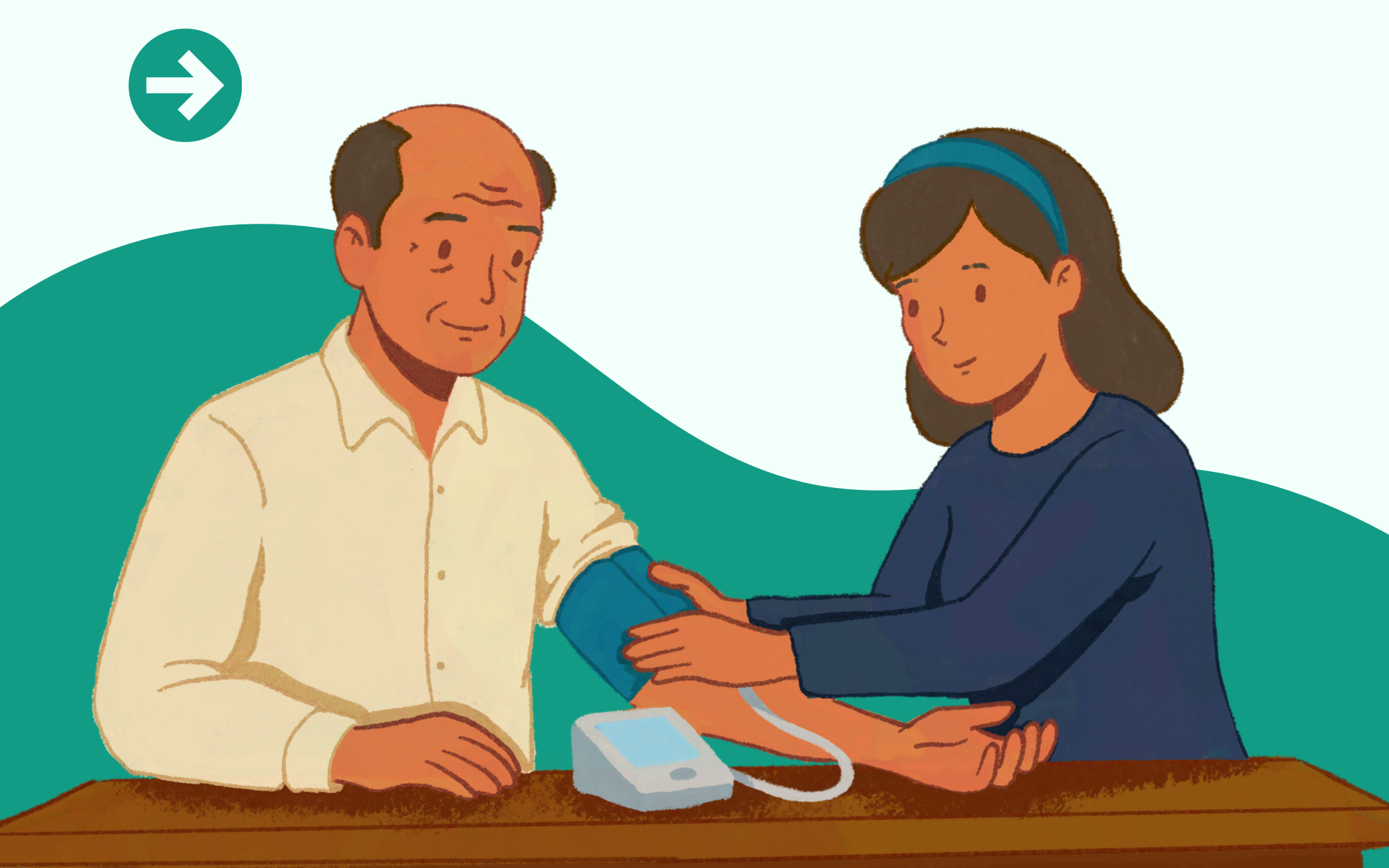
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Are you an unpaid carer?



Do you help a family member, friend, neighbour or someone else because of a long-term illness, disability, physical or mental health conditions, substance misuse, or older age?



Helping can look like:

- **Cooking**
- **Cleaning**
- **Shopping**



- Managing medication
- Keeping someone company
- Supporting personal hygiene



If you do anything like this. You are an **unpaid carer.**

And the Survey of Carers needs **your voice.**



All responses are 100% anonymous. That is a Survey of Carers guarantee.



The views expressed are those of the author(s) and not necessarily those of the NIHR or the Department of Health and Social Care.

Shape the future of adult social care.

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