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carersUK

In collaboration with

HSC Northern Health and Social Care Trust

FREE digital resources for carers

Looking after someone?

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.

Visit **carersdigital.org**

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

DGTL2770

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

E-Learning
Building 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 workplace resources

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