



Action for  
Pulmonary Fibrosis



Support for  
family, friends & unpaid carers

## Am I a carer?

Some people may not like to use the term carer as they are, first and foremost, family members or friends. If you identify as a carer, you are still a family member or friend with a personal relationship to the person you support. Being a carer doesn't take this away.

Carer's Checklist:

If you answered yes to any of the above, you can be recognised as an unpaid carer, which can help you to access the help and support you need.

### Do you:

- Help with cooking, cleaning and shopping?
- Provide emotional support?
- Provide transport?
- Assist with bills and paperwork?
- Manage medical appointments, medication and deal with professionals involved in your loved one's care?
- Help with bathing, dressing and personal care?
- Worry about what would happen if something happened which made you unable to provide the care you do?

## What support is available?

### APF Carers Community

Join the APF Carers Community and we will send you useful information and updates, and an invitation to our monthly online support group.

The support group is for family, friends and unpaid carers. You're welcome to join the group whether you feel able to identify as a carer or not. It's a safe and confidential space to share your experiences and meet others in a similar situation.

Join by filling out this form: [www.actionpf.org/form/carers-group-interest](https://www.actionpf.org/form/carers-group-interest) or calling our Support Line.



Just to say thank you for the support I have felt from your group since I joined back in the day. So many journeys and lovely people who have undergone and understood the common difficulties and emotions.



**Gill - former member of the APF Carer's Community**

## Carer's assessments

Did you know you are legally entitled to a free annual carer's assessment?

A carer's assessment (referred to as an Adult Carer Support Plan in Scotland) looks at your wellbeing and needs as a carer. It's not a test of your caring skills. It's available to anyone who identifies as a carer. There is a range of help available from home adaptations and practical help, to advice about financial support.

Whilst you can request an assessment at any point in your caring journey, many people find it helpful to get one early. This can help you to manage if your circumstances change e.g. if you are unwell.

## Financial support

You may be able to claim certain benefits if you are a carer. This will depend on your individual circumstances. Read more about financial support on the Carers UK website.

### Register as an unpaid carer with your GP

This may entitle you to free flu vaccinations and additional support.

### Register for the Priority Service Register via your utility providers

You can access additional advice and support from your utility service.

You can contact your local carers service for an assessment. Find your local service by entering your postcode on the Carer's Trust website. Visit: [carers.org/help-for-carers/carer-services-near-you](https://www.carers.org/help-for-carers/carer-services-near-you)

Don't forget to tell your employer – they may have a carers policy in place, and you are entitled to additional (unpaid) leave.



## Where can I find more information?

**Carers UK**

[www.carersuk.org](http://www.carersuk.org)

**Carers Trust**

[www.carers.org](http://www.carers.org)

Including information about where to obtain a carers assessment – Get support in your area.

**Citizens Advice Bureau**

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

**Mobilise online**

[www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk)

Free 24/7 support for carers

For more organisations and support in Scotland, Wales and Northern Ireland, please contact our **Support Line**.

[supportline@actionpf.org](mailto:supportline@actionpf.org)

Support line: 01223 785725

Even if your caring journey ends, Action for Pulmonary Fibrosis is still here to support you through our Life After Caring support group. Contact us at [carers@actionpf.org](mailto:carers@actionpf.org) for more information.

**actionpf.org**

01733 839642 [info@actionpf.org](mailto:info@actionpf.org)

