



Support for family, friends & unpaid carers

Supporting someone with pulmonary fibrosis can be a rewarding but challenging experience. Action for Pulmonary Fibrosis are here for you too.

This booklet is for anyone who supports a person with pulmonary fibrosis, including family and friends. You may or may not consider yourself to be a carer.

actionpf.org



**Action for
Pulmonary
Fibrosis**

Am I a carer?

Consider how your loved one would manage if you were not supporting them. If their physical or mental health would get worse without your support, you could be considered a carer or care giver.

Some people may not like to use the term carer as they are, first and foremost, family members or friends. However, it can be helpful to identify as a carer. This can allow you to access support and information for both you and the person you support.

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.

What support can I get?

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. It's a safe and confidential space to share your experiences and meet others in a similar situation.



Join now by scanning the QR code or contacting us.

Find more information on our website

actionpf.org



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

A carer's assessment looks at your well being 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 get 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.

Here to help...

Scan the QR codes in this booklet with your phone camera. It will take you straight to the relevant webpage. Or you can call us about anything in this booklet.



Contact our support team:
supportline@actionpf.org



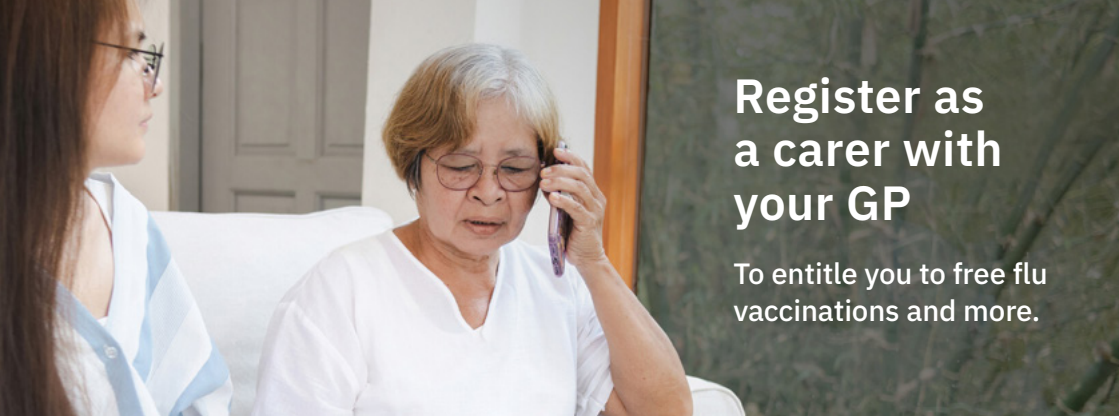
Support line:
01223 785725

Local assessments

You can contact your local carers service for an assessment. Find your local service by entering your postcode on the Carer's Trust website. Scan the QR code or visit the following link:



→ carers.org/help-for-carers/carer-services-near-you



Register as a carer with your GP

To entitle you to free flu vaccinations and more.

What financial help can I get?

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.



→ carersuk.org/help-and-advice/financial-support

Further support:

Carers UK: carersuk.org



0808 808 7777

Carers Trust: carers.org



0300 772 9600

NHS Carers Direct: nhs.uk



0300 123 1053

General enquiries:

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