



# Carers Week Resources Pack

**Carers Week** raises awareness of the challenges faced by unpaid carers, offering advice, wellness events and access to support.

We hope you will find the personal stories and advice pieces below useful.

**7 - 13  
JUNE**

## Carers Week

How to Deal with Stress and Burnout as a Carer

CONTINUE  
READING

Self-Care Tips Whilst Caring for Your Loved One

CONTINUE  
READING

**7 Steps** for Carers to Consider When Navigating The Care Maze

CONTINUE  
READING

Sandwich Generation: Caring for Parents and Children

CONTINUE  
READING

Frequently Asked Questions, and Answers - Related to Caring

CONTINUE  
READING

Realising You've Become a Carer

CONTINUE  
READING

Caring for Someone Who's Lonely

CONTINUE  
READING

Looking After Someone with Dementia

CONTINUE  
READING

Simply **CLICK** on the topics above to access the resources you need.