

# 10 - 16 June Carers Week Resources

Within this collection of articles, you'll find information to help you understand what Carers Week can mean for your employees and their families. We hope that the following can offer detailed insight into how you can continue to strive for an inclusive workplace, where the diverse needs of your team are met.





### 5 Top Time Management Tips for Caregivers

Time management can be a struggle for many busy caregivers, which can lead to challenges with balancing work, life and caring. Read on to discover 5 ways you can better manage your time as a caregiver...

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### Tips for Achieving a Good Work/Life Balance as a Carer

Chris Minett, author of Action for Ageing, looks at how work and life can balance when caring for a partner or elderly relative.

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### Carers' Rights Day: Information and Support for Unpaid Carers

As a carer, there are universal feelings that you're likely to experience from time to time, and situations that you're likely to encounter. Let's take a look at the 10 key challenges that caring might throw your way, as well as how to cope when they do...

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### The Importance of Respite Care

We've partnered with home care experts Helping Hands explain the benefits of respite care and what factors to consider when looking for the right solution for your situation.

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### How to Get Support If You're a New Carer

If you've recently become a carer, you may want to consider tapping into support structures and services. Discover how in the following article...

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### 5 Steps to Finding the Support You Need as a Carer

Helping an elderly relative can take its toll on all aspects of your life, says Sam Smethers. But preparing and asking others for support can make a world of difference. Here are our 5 steps to finding the support you need.

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### Adjusting to Reversed Roles: Becoming A Carer for Your Elderly Parent

It can be an emotionally difficult transition for many, the moment you realise you've become a carer for your ageing parent. Let's explore a few of the most common relationship changes that can occur, as well as some suggestions for how to navigate them in a way that strengthens rather than weakens your bond.

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