

# Am I a Caregiver?

Do you have a family member, friend or somebody who counts on your support as they face health and living challenges? They could have a physical, mental or long-term illness.

## Have you experienced any of the situations below?

- Taking your loved one to medical appointments and/or helping them take medication
- Helping out with the individual's personal hygiene and doing household activities
- Supporting the person with day-to-day errands such as grocery shopping, clothes shopping, sorting their mail and paying bills
- Leaving work early or changing your hours so you have time to look after your family member or friend
- Looking after the individual has taken majority of your personal time
- Finding yourself juggling personal commitments, work, family time and care responsibilities

## If you have, you are not alone.

There are millions of individuals across the world who take on an unpaid caring role to a family member, a partner, a child or a friend, without receiving payment. They are sometimes referred to as caregivers.

Being a caregiver can be both rewarding and challenging. It can place a significant amount of emotional, physical and financial pressure on you. There are resources available to support you throughout this journey.

► To access the resources closest to you, please visit [www.Embracingcarers.com](http://www.Embracingcarers.com)