

The Bank Workers Charity (BWC) support for carers

When it comes to caring for a loved one, we know it can be an incredibly rewarding experience, but it can also have a negative impact on other aspects of life including our relationships and finances.

But by ensuring we're equipped with the right information and support, it can make a huge difference to the level of care we can provide and can help to reduce the negative impact it has on our wellbeing.

Here are a few ways BWC can support you in your role as a carer:

- **Accessing benefits** - they can provide information and support to help you access welfare benefits you may be entitled to.
- **Looking after your mental health** - they can offer you support and, in some cases, counselling or other therapies to help you look after your mental wellbeing.
- **Identifying technology and devices** - they'll help to identify technology that can make life easier for both you and the person you care for. This may include lighting control, voice activated systems or fall detection devices.
- **Accessing legal support** - they can offer you a telephone consultation with legal experts who can advise you on most aspects of British law, such as power of attorney.
- **Getting financial support** - they may be able to provide you with financial support with general living expenses such as disability aids or home adaptations.

If you're a carer looking for support, or you want to know more about the practical things you can do to look after your own wellbeing, read [BWC's carers guide](#) or call their free and confidential Helpline on **0800 0234 834** - they're open 9am-5pm, Monday to Friday.



ARE YOU A CARER?

"I'M A CARER BECAUSE I"

- ADMINISTER MEDICATION
- HELP WITH PERSONAL CARE
- PROVIDE PHYSICAL HELP
- GIVE EMOTIONAL SUPPORT
- HELP WITH FINANCIAL MATTERS
- GIVE PRACTICAL SUPPORT

bwcharity.org.uk/relationships/caring