

Carer [noun]

/ˈkeərə(r)

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support
Washing them. And their laundry. And their dishes.
Keeping appointments. And records. And tempers.
Giving medicine. And time. And hugs.
Filling forms. And fridges. And silences.
Dealing with doctors. And nurses. And pharmacists.
And social workers. And benefits agencies.
And care workers. And a lack of sleep.

[2] Needs support to manage a life of their own.

Looking after someone?

Find out about the help and support available in Dorset at ourdorset.org.uk/carers





**No one knows just
how much a break
would help us both.**

**I can't give him my best when
I struggle to take care of myself.**

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