

Caring for your child(ren) **and** looking after an adult who needs extra support?

**Connect to
Support
Hampshire**

Find out how to access help if you feel like
you're struggling to juggle life's demands.

Go to **Connect to Support Hampshire** to quickly find information and advice about the help that you or your loved ones could receive, giving you back time for yourself. Don't miss out.



Explore

- What are your rights? Learn what options there are if you need to request to work flexibly, for example.
- Know the eligibility criteria and how to request a carer assessment.
- What practical support, such as equipment including care technology like pendant alarms or falls sensors, is available.
- What financial support, such as concessions and discounts, you or your loved one could benefit from.
- How to make a plan for emergencies. This reduces worry if you are suddenly unable to be there.
- Meet others in similar situations. Staying connected with other people helps reduce isolation and can make us feel better.
- Learn how to have difficult conversations with loved ones about getting extra help and future planning.
- Online learning to help you better understand and care for those needing extra support.



Almost 5 million people in the UK are informal carers, and 16% of these informal carers were classified as 'sandwich carers' in 2021/22

Family Resources Survey 2023

You may not see yourself as a carer, but help could still be available to support you and your loved ones to live a little easier.

Many people juggle the responsibilities of looking after an adult relative (maybe someone with a disability who is older and needs support or who is chronically ill) as well as looking after children.

People who find themselves in this position are called 'sandwich carers'. However, some people don't see themselves as carers - they're simply looking after family. But we know that people in this situation are stretched to the limit.

Support is available for sandwich carers to reduce emotional, practical, and financial challenges. This can help to stop you from missing out on special moments with friends, family, or a partner.

Telling employers you are a carer can remove the stress experienced by squeezing work responsibilities in around caring for loved ones.

Activities that contribute to the 'Five Ways to Wellbeing' such as staying active, keep learning, connecting with others, and noticing the small pleasures can help reduce feelings of anxiety and depression.

Taking care of yourself and your relationships with those who support you, such as a partner, close friends or family, helps you to better support your loved ones.

Ask for help from friends and other family members – you don't have to do everything alone. People become sandwich carers because they love their family and it is the right choice for them, but even a short break or help with simple tasks from time to time helps you to keep going.

For more information, visit:
connecttosupporthampshire.org.uk/carersupport

