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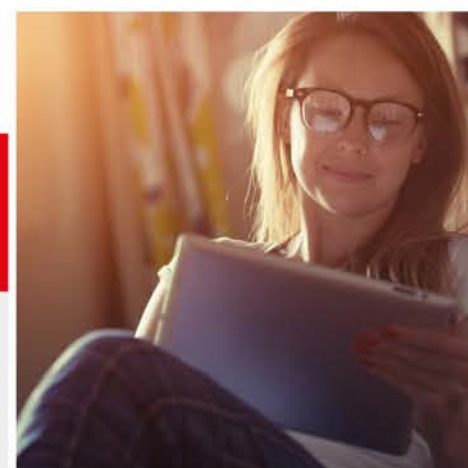
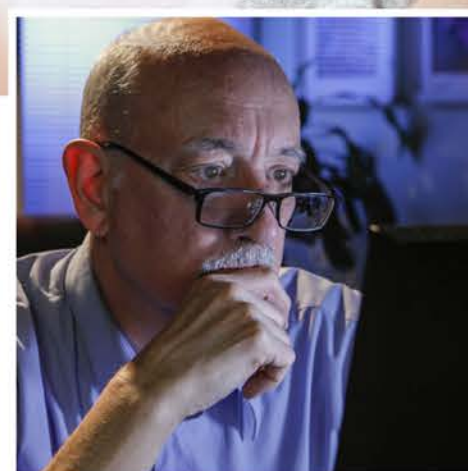


FREE
digital resources
for carers

Looking after someone?

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit www.carersdigital.org



Your Free Access Code is: DGTL2992

Use this code to get free access to all the digital products and online resources, including:



About Me eLearning Course

This online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibilities from becoming overwhelming.

Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.

Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone – Carers Rights Guide 2016* and *Being heard: A self-advocacy guide for carers*

Links to more info and local resources

Access links to further resources and sources of local information and support for people who are looking after a loved one.

Scan to register without using a code:

