

Brought to you by

In collaboration with



FREE
digital resources
for carers

Looking after someone?

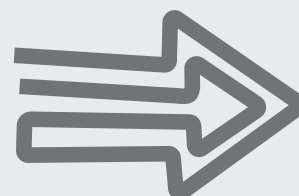
Virtual Workshop:

**Friday 1st July
10am-11.30am**



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.

Register for our FREE digital resources and get the help you need today.



Turn over to
find out more.

We've teamed up with Carers UK to give carers in our workplace access to a wide range of digital tools and essential resources that may help make their caring situation easier.

Visit **carersdigital.org**

Create an account using your **free access code:**



Contact Adult Learning Disability Carers Consultants Bernie (07557819172 bernadette.marshall@southerntrust.hscni.net) or Majella (07557858749 majella.gorman@southerntrust.hscni.net) for more information on the workshop

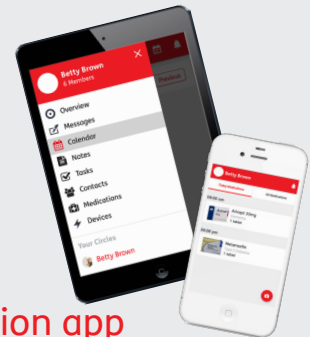
Use this code to get free access to all the digital products and online resources, including:



E-Learning

Helping carers build resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



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 and Being heard: A self-advocacy guide for carers



More resources & info

Links to workplace resources

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