



**IF SOMEONE RELIES ON YOU,
YOU CAN RELY ON US. **

Carers Oxfordshire is here to support unpaid adult carers in Oxfordshire. That means if you are 18 or older and a child, another adult or both, relies on you to do something they are unable to do for themselves, you can rely on us as you figure out your path.

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HOW WE SUPPORT YOU

- Help you recognise your role as a vitally important carer. No one likes to be labelled however, recognising yourself as a carer can be the first step to getting the information, advice and the support that you need.
- Make your caring journey easier by offering advice and support to enable you to navigate what can be a confusing system. Armed with knowledge and confidence there's nothing we can't tackle together.
- Caring for someone else shouldn't come at the cost of caring for yourself. We will support you to find ways to care for yourself as you care for another – whatever that looks like for you.
- Finally, we want you to know that you are brilliant. We will be here to encourage you when times are tough and celebrate your wins with you.

Carers Oxfordshire is a partnership between Action for Carers Oxfordshire and Rethink Mental Illness Oxfordshire. Action for Carers Oxfordshire is a registered charity, number 1149577.

