

BlindVoice UK



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Who Cares for the Carer?

Carers are relatives, friends or neighbours who regularly look after someone in need of help because of illness, frailty or disability. The help provided is unpaid. Carers may be adults, children or young people either living with the person they care for or somewhere else.

BlindVoice UK can provide emotional support to enable carers of Visually Impaired People to continue in their caring roles for as long as they wish to do so.

You may wish to talk about your problems. This could be your loss of independence, or the desire for your own life and space.

You will learn to balance your support role with your own needs. Carers can be extremely hard on themselves.

Many people believe they are betraying the person they are supporting if they speak about how they feel. This feeling is common. You will be talking to someone in the strictest confidence who has been trained to help.

**You are a
Carer:**



if you look after someone who cannot manage without your help because of age, illness or disability.



if you give, or plan to give, someone regular and substantial amounts of unpaid care - and you are not alone.



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This leaflet is available in Braille, Large Print
and Audio CD.

