Supporting carers

Audio resources for digitally excluded carers.

Carers UK has launched a new audio resource service, which is aimed at older carers who do not use the internet to search for information. This is a pre-recorded free telephone service containing audio resources on a range of topics that carers may find helpful.

There are three audio resource segments, containing different information on topics such as help with finances, information on specific health conditions, support with getting a break from caring, and tips to help improve wellbeing. The three audio resource segments are:

1. Information on financial support
2. Practical support for caring
3. Wellbeing support for carers

Their telephone number is 0800 888 6999. To listen to the different options available, carers should follow the options on the main menu.