



I'm his mum, it's just what I do...

It's just part of being her dad...



As a parent carer, you are less likely to see yourself as a carer.

Parent carers provide support to their children, including grown up children, who could not manage without their help.

Support is available, and once you recognise that you are a parent carer, you are more likely to look for and access support. This could help with practical things, emotional or financial worries.

If you're a parent carer, ask for our Trust carers passport and for details of carer support services in your area.

If you require a copy of this information in any other format or language please contact the Trust.