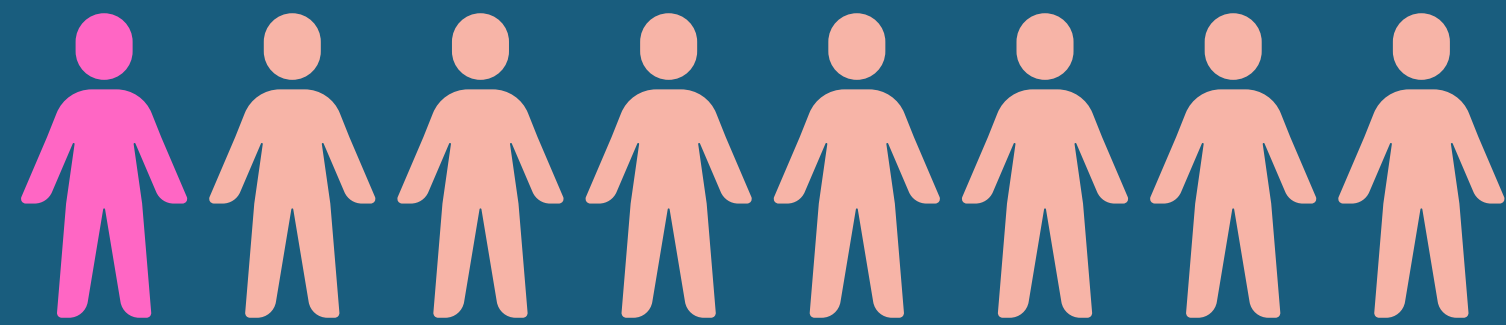


A day in the Life of: Carers and Care Workers.

A carer is a person who looks after another person who would otherwise be unable to manage without their help and does not do so for payment or voluntary contract.



1 in 8

people in the UK are carers.



Local Carers services can provide a range of services to support carers- advice, support groups, counselling and financial support is available.

Care workers are employed to provide domestic or personal care to a person.



A person might receive care in a number of different settings such as their own home, supported living or residential or nursing settings.

