

Brought to you by



In collaboration with



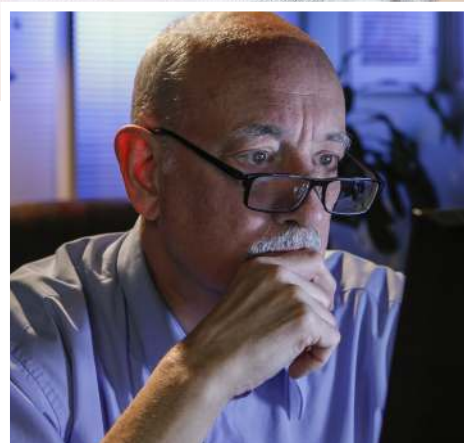
FREE
digital resources
for carers

Looking after someone in North Ayrshire?

Caring for a loved one who is ill, disabled or needs extra help as they get older can be valuable and rewarding, but without the right support caring can have an impact on your health, your job, your finances and your social life.

Visit carersdigital.org

Create an account using your **free access code: DGTL4110**



For further information contact, Unity North Ayrshire Carers Centre on 01294 311333 or 174 High Street, Irvine, KA12 8AN

Use this code to get free access to all the digital products and online resources, including:



E-Learning Building resilience

Designed to help carers access advice and information relevant to their situation, find resources and identify sources of support including technology, as well as promote carers' own health and wellbeing.



Jointly Care co-ordination app

A central place to store and share important information about the person you are caring for. Set up appointments, allocate tasks, save files and notes, manage medication and lots more.



Free publications Carers UK guides

Essential reading for carers including: *Upfront guide to caring*, *Looking after someone - Carers Rights Guide* and *Being heard: A self-advocacy guide for carers*



More resources & info Links to local resources

Access links to further resources and sources of information and support for people who are looking after a loved one.