

ARE YOU AN UNPAID CARER WITHOUT REALISING IT?

TAKE THE QUIZ TO FIND OUT!

QUESTION 1

How do you usually support your loved one?

A: I help organise their appointments, medications, and finances.

B: I'm there to listen, provide emotional support, and keep them company.

C: I assist with household tasks like cooking, cleaning, or shopping.

QUESTION 2

How often do you find yourself thinking about their needs?

A: I'm constantly planning around their schedule to ensure everything runs smoothly.

B: I often worry about how they're feeling emotionally or if they feel lonely.

C: I'm regularly adjusting my time to help them with practical tasks.

QUESTION 3

What's a common conversation you have about your role?

A: I just handle the logistics-someone has to.

B: I'm the one they rely on for their day to day needs.

C: They need help with day-to-day things, and I just step in.

QUESTION 4

How does your support affect your day-to-day life?

A: My schedule revolves around managing their care plans and appointments.

B: I'm emotionally invested and often feel drained from offering constant reassurance.

C: I spend much of my free time helping with their errands and household tasks.

QUESTION 5

How do you think of your role in their life?

A: I'm the coordinator who keeps everything in check.

B: I'm their rock - the one who keeps them emotionally supported.

C: I'm their helping hand, making sure they get through each day comfortably.

QUESTION 6

What's the most challenging part of supporting your loved one?

A: Keeping track of all their appointments, medications, and paperwork.

B: Staying emotionally strong and being available for them when they're struggling.

C: Juggling my own tasks while helping with their everyday needs, like meals and errands.

Mostly As

The 'Organiser'

You handle the mental load of coordinating appointments, finances, and schedules. Recognising your role can help you find support to share the responsibility.

Mostly Bs

The 'Companion'

You provide emotional support and companionship, but remember, you have the right to take a break and care for your own wellbeing.

Mostly Cs

The 'Helper'

You assist with everyday tasks that make a big difference in their life. Be sure to recognise your efforts and seek resources that lighten your load.

