



# Living Well North Tyneside

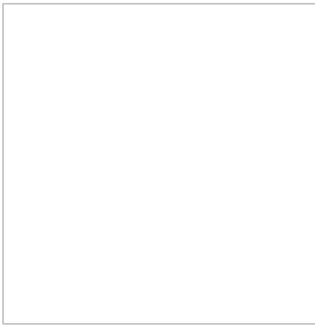
Supporting Health and Wellbeing

- Understand your rights as a carer and how you can access support from Adult Social Care for you or the person you care for
- Explore other organisations that may be able to support you
- Share your difficulties or concerns about managing the condition of the person you care for
- Develop coping strategies and ways to look after your own health and wellbeing
- Explore how you can have a life outside of caring
- Plan for the future, or an emergency
- Find out about benefits and entitlements
- Access support to gain or maintain employment, training or education



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