

Carer

A carer is a partner, relative or friend of any age, who looks after someone who is unable to look after themselves. There are around six million carers in the UK, including 175,000 [young carers](#).

Whether you have only just become a carer of someone with M.E., or you have been looking after them for some time, our booklet [Caring for someone with M.E.](#) is for you.

As well as information about M.E., it includes sections on looking after yourself, welfare benefits, advice from other carers and a list of useful contacts.

[Carers Direct](#) and [Carers UK](#) are also useful sources of information and support.

If you are the parent of a child with M.E., our booklet Your child and M.E. (currently being revised) will be useful, too.

Joy has M.E. and is also a carer for her husband, [read her story](#).

The [Moray Carers Project](#) has produced a video entitled [M.E. and the family](#).

Read past articles about [caring for someone with M.E.](#) or [your child has M.E.](#) in our *InterAction* archive.

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Related Links

- [Carers Direct](#)
- [Carers UK](#)
- [Equality Act 2010: What do I need to know as a carer?](#)
- [DWP carers resource pack](#)

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