

1. Looking after someone (Included in Pack)
2. How do I get help? (Included in Pack)
3. Carers Assessments (Included in Pack)
4. Carers Emergency and ID Card (Included in Pack)
5. Welfare Benefits Overview (Included in Pack)
6. Disability Living Allowance (Adults)
7. Disability Living Allowance (Children under 16)
8. Attendance Allowance
9. Carers Allowance
10. Personal Independence Payment
11. Direct Payments
12. Young Carers
13. Young Adult Carers
14. Carers and Employment
15. Short Breaks (Respite for Older People with their Carers)

To request any additional Factsheets above, to enquire about a home visit with our Outreach Service or for further information please contact:

**Carers Information Service, The Palms, Unit 3, 96 Queen Victoria Road, Llanelli SA15 2TH**

**Telephone: 0300 0200 002    Email: [info@ctcww.org.uk](mailto:info@ctcww.org.uk)    Website: [www.ctcww.org.uk](http://www.ctcww.org.uk)**

We also have available a wealth of resources from Carers Trust UK, including booklets on all of the above plus:

- Various Caring and Nutrition booklets (Condition specific)
- Carers Self Advocacy toolkit
- Coming out of hospital
- Council Tax
- Housing options in later life
- Taking a break
- When caring ends or changes
- Your rights in work

To obtain any of the Carers Trust UK resources contact the Carers Information Service as above or to download free and view other useful information for carers visit:

**<https://www.carersuk.org/help-and-advice/get-resources/our-factsheets>**