

# Free online tools to help those with caring responsibilities

Many people balance work with caring responsibilities which they don't get paid for. To help, we've teamed up with subject experts to provide such carers access to free digital tools.

The variety of tools offer you information and support to help navigate your caring journey, manage your everyday money needs and look after your own health and wellbeing, both physically and emotionally.



## Practical support for you and the one you care for

### Carers UK Digital Resource platform

The **Digital Resource** includes a wealth of practical, emotional and financial information through e-Learning modules, hands-on guides and useful tools to help you effectively manage your caring responsibilities and give peace of mind. It covers the topics:



**Health  
and wellbeing**



**Support  
for caring**



**Financial  
planning**



**Technology  
and caring**



**Working  
and skills**



**Media hub**

As well as practical tools such as:



**Upfront Guide to Caring - to help those who are new to caring to navigate the information maze**



**MyBackUp - a new contingency planning tool to help carers plan for the unexpected**



**Jointly - a mobile and online app designed to make caring easier, less stressful and more organised**



Dive into this comprehensive resource bank for carers, created to give you the support you need by registering today  
**[perennial.org.uk/care](https://perennial.org.uk/care)**



# Understanding what you are entitled to as an unpaid carer

## Financial management tool by nudge

Unpaid carers often face financial burden due to reduced working hours or increased expenses which adds to the stress of caring for others. We recognise these challenges and want to support you, that's why we're highlighting out financial management tool **nudge**.

nudge is an impartial, personalised financial education platform that helps you better understand and manage your money, take action and plan your future. Through nudge, carers can find resources on a vast array of topics, including:



**Understanding and claiming carer benefits and tax credits**



**Accessing financial tools and education relevant to unpaid carers**



**Managing the financial implications of caring for elderly relatives**



**Strategies for maintaining financial stability while caring**

 We encourage you to explore the nudge platform to alleviate financial stress, make more informed decisions and feel in control of your money [perennial.org.uk/nudge](https://perennial.org.uk/nudge)



# Looking after your own health whilst caring for someone

## Health and wellbeing platform and app by Spectrum life

Caring for someone can be rewarding but it can also be very tiring, putting a lot of demands on your physical and emotional energy. It's hard to find the time and head space to think about looking after your own needs and it's all too easy to become exhausted and burnt out with everything you're juggling. Our **Health and Wellbeing platform and app** has everything you need to support your overall wellbeing in one place.



**Fitness - Your one-stop destination for a diverse range of exercises with workout plans designed to do at home**



**Nutrition - Your ultimate resource for delicious and nutritious recipes that will inspire and support your journey to a healthier diet**



**Wellbeing - A dedicated learning hub designed to empower you with knowledge and skills to enhance your overall wellbeing**



**Be calm - Stay relaxed with our Be Calm offerings. Immerse yourself in our soothing audio courses**

 Register today to explore how to look after yourself so that you can be stronger and more resilient to look after those you care for [perennial.org.uk/wellbeing](https://perennial.org.uk/wellbeing)



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