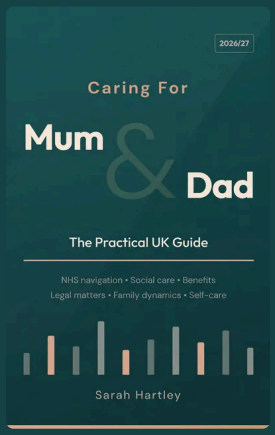
You don't need to do everything today. Start here.

1. **Write down what you notice,** with the date. Specific notes help the GP, social workers and any benefit claim.
2. **Talk with Mum or Dad, not about them.** Lead with concern rather than criticism, listen, and offer to help rather than take over.
3. **Speak to their GP.** The surgery can't share information without your parent's consent, so ask them to agree to it. The GP can still listen to your concerns.
4. **Ask the council for a care needs assessment.** Anyone can ask, whatever your parent's savings. You have a right to a carer's assessment of your own, too.
5. **Check what they can claim.** Attendance Allowance ignores income and savings, and is often missed. A free calculator, such as Turn2us, shows what else applies.
6. **Set up Lasting Power of Attorney while they can.** It can only be made while your parent has mental capacity. Most families need both types.

Then, as things change, there's more to work through:

Health and social care	Get the most from GP appointments and hospital discharge, ask about NHS Continuing Healthcare, and understand the council's assessments.
Money and benefits	Claim Attendance Allowance, Carer's Allowance or Carer's Credit, check Pension Credit and council tax reductions.
Legal matters	Set up both Lasting Powers of Attorney, keep their will up to date, and protect them from scams.
Care and daily life	Compare home care, respite and care homes, and keep on top of medication, falls and eating well.
You and the future	Share the caring, look after yourself, and talk about their wishes for the future.

For all of this, there's a practical guide that explains how each part of the system works, in plain English, from the first worries to planning ahead.



Caring For Mum and Dad

The Practical UK Guide

By Sarah Hartley

caringformumanddad.co.uk

Scan to find out more

Need to talk?

Carers UK 0808 808 7777

Age UK 0800 678 1602

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