



**If someone  
relies on you  
you can rely  
on us**

**Call us on 01235 424 715 or email  
[carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk)**

# If someone relies on you you can rely on us

**Carers Oxfordshire is here to support unpaid adult carers in Oxfordshire. That means if you are 18 or older and a child, another adult or both, relies on you to do something they are unable to do for themselves, you can rely on us as you figure out your path.**

It is our goal to:

- Help you recognise your role as a vitally important carer. No one likes to be labelled however, recognising yourself as a carer can be the first step to getting the information, advice and the support that you need.
- Make your caring journey easier by offering advice and support to enable you to navigate what can be a confusing system. Armed with knowledge and confidence there's nothing we can't tackle together.
- Caring for someone else shouldn't come at the cost of caring for yourself. We will support you to find ways to care for yourself as you care for another – whatever that looks like for you.
- Finally, we want you to know that you are brilliant. We will be here to encourage you when times are tough and celebrate your wins with you. We'll be here to listen to your needs and work together on solutions.

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