

Family Carers Ireland is *the* national charity dedicated to supporting Ireland's 500,000 family carers.

We provide free practical supports and services and please find below some links to supports you may find helpful.

Learning and Education: Many family carers put their own health and wellbeing low on their list of priorities. A range of self-care tools and techniques is explored throughout our programmes to assist family carers to discover a technique that works best and supports your own well-being. Courses range from "Caring with Confidence" to "Parents Plus Special Needs" and are all free of charge.

Membership Benefits: As well as receiving quarterly newsletters, please remember you have access to over 115 exclusive family carer discounts, ranging from 3c off a litre with Circle K or the DCI fuel card; offers with Three (€27 p/month); 10% off sensory clothing; 15% off Neville Hotels; FREE entry into Tayto Park and Omniplex Cinemas for the family carer; 20% off Skechers; 20% off Homecare Medical and so many more great offers and benefits.

Family Carer Forum: This forum is a conversational platform where you can talk to other carers who are in a similar situation to you. There are different groups, ranging from caring for a child with special needs, caring for an adult with intellectual disabilities to caring for a loved one with dementia. You can also create your own topic too so please create your own account and learn how you can benefit from this support network of carers.

Calendar of Events: Allowing you to search by date or by month, you can easily see the range of events held by our Support Centres as well as any planned national activity. They range from peer support groups and quizzes to self-care events and online meetings.

Emergency Care Scheme: One of the biggest worries for you as a family carer is what will happen to the person you care for if you, the family carer, are unable to care due to an accident or emergency. The Family Carers Ireland **FREE Emergency Scheme** can put your mind at rest with access to a 24/7 emergency helpline. These situations include being involved in an accident, taking ill suddenly or needing unplanned hospital care. Please take advantage of this FREE scheme. You can [download a copy of the plan](#) or complete the form online [here](#).

Pre-Budget Submission: Family Carers Ireland continues to lobby and help shape policy, all in an effort to make life better for family carers. One of our FIVE key asks includes calling on Government to undertake an urgent review of Carer's Allowance and abolish the means-test. Pending this review, we have called for the weekly rate of Carer's Allowance to increase to €325. You can read the report in full [here](#).

Getting Social with Us: If you are on social media, please follow us and join a combined community of over 35,000 family carers. We know time is of the essence for you and you want instant information, particularly around topics like the Pre-Budget Submission or any potential learning and training courses that we run. Please hit FOLLOW on [Facebook](#), [Twitter](#) or [Instagram](#). Remember, if you have young carers at home, please follow our [Young Carers Facebook page](#) for up to date information and supports.

Help & Guidance: Here you can see the range of information that is available to you regarding your rights and entitlements as well as information on our counselling service and more.

If you need assistance, please Freephone our Careline on 1800 24 07 24

www.familycarers.ie