

# Are you a Carer?

*'I didn't realise I was a carer until I attended a coffee morning organised by PiPA'*  
- Tara McGirr

PiPA, CarersUK & Working Families have resources available to support you.

#CarersRights Day



## Resources for Individuals :

### Carers UK:

- ['Looking after someone' Guide](#)
- [Contact Carers UK](#)

### Working Families:

- [Advice for Carers](#)

### PiPA:

- Testimonials and advice from other Carers & Parents: [Tara McGirr, Natasha Gilmore, Adura Onashile](#)
- [Top tips for working at home with children](#) from PiPA Director Vick Bain
- [Covid-19 specific resources](#)

## Resources for Organisations:

### Carers UK

- [Carer Passport Scheme](#)

### Working Families:

- [Supporting employees with caring responsibilities resource](#)

### PiPA:

- [Our Best Practice Charter](#)
- [Join our Best Practice Charter Programme](#)
- [Supporting Parents and Carers Through Furlough Resource](#)
- [Review our research](#)