Looking after someone can pose certain risks to your safety and the safety of the person you are looking after, particularly if your caring role is physically demanding.

It can also be very emotionally challenging at times - you may feel tired, overworked and stressed. At worst providing high levels of support to a loved one can lead to people feeling depressed, isolated and lonely.

You should make sure you do everything you can to stay physically safe and emotionally well at all times. Putting too many demands on yourself is not good for you, but may also mean that you are not able to continue with your caring role in the longer term.

Whether you’re new to looking after someone or you’ve been doing it for a while you should be aware of some important tips and guidance to help keep you and anyone you look after as safe and well as possible.

In this section you’ll find information on the physical side of looking after someone safely, and on how to look after your own emotional needs.

Select one of the options on the left-hand menu to find out more about how to look after someone safely.