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Are you working and juggling caring for a loved one?

The first step when it comes to caring for a loved one is to recognise that you are in fact an informal carer. You may not realise that 1 in 7 employees are juggling work and caring for a loved one, with 24% of people reducing hours or leaving employment due to caring responsibilities.

We understand how stressful it can be to balance adult and later life caring responsibilities with work, often in addition to other commitments. As an organisation that is dedicated to looking after our people, we want to make you aware of Legal & General Care Concierge.

This fantastic resource is available at no cost to **[insert company name]** employees, which means you have access to expert information and guidance when it comes to caring for a loved one.

The first step is recognising that you might be one of the 1 in 7 employees dealing with this right now. So, how do you spot the signs? Caring is not just bathing or dressing, there are much earlier signals, such as:

- Picking up shopping
- Help with cleaning
- Accompany loved ones to appointments
- Collecting prescriptions
- Making up the bed
- Providing emotional support

Whatever your situation is, Legal & General Care Concierge can help.

Access online information about all matters relating to care and support for adults and those in later life – **INSERT UNIQUE URL**

Alternatively, you can speak to a care expert over the phone on 0800 060 8823. Your care expert will be able to talk to you about your own personal care journey, whether you are planning ahead for yourself or are providing support for a loved one.

You have unlimited access to this service so please do take advantage of it. The Concierge team are waiting and ready to speak to you and support you every step of the way.

*All calls to this number are free. Please note, calls may be recorded and monitored. Your personal data will be treated in line with Data Protection legislation and our Privacy Policy which can be found at: www.legalandgeneral.com/privacy-policy/