

# CarersMK

## **Are you over the age of 75 and looking after someone who cannot manage without you because they are ill, frail, disabled or have a mental health condition?**

My name is Caroline Sterling and I would like to introduce myself as the Over 75's Information, Advice and Guidance Support Worker for Carers MK, which includes providing emotional support for older carers in the Milton Keynes area.

A key area of this, is to support carers who are isolated and may struggle to access existing services for many reasons. This could be the restrictions on time that caring imposes, their own health, or a lack of local transport; particularly in rural areas.

I am based at Margaret Powell house, but am working from home at the moment. I can help older carers to access support groups (online at present) and information, so if you would like support, or know anyone who may benefit from support in their caring role, please contact me.

**Carers MK**

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**milton keynes council**

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