

CARE

A → Z

In the UK, almost 6 million people provide unpaid, informal care for friends and family members with physical and/or mental health conditions who could not cope without this help.

The support provided by informal carers saves UK taxpayers over £119bn each year. In spite of this, carers rarely receive any formal training, support, financial assistance, or even simple recognition of the challenges they face every day.

This A to Z of Care is an attempt to better define what care means to different people, with the aim of provoking new approaches to understand and support informal carers.

This was created by informal carers, health and social care professionals, and charity workers as part of the Department of Care exhibition at the NewBridge Project in Newcastle upon Tyne.

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Contact me at daniel.carey@northumbria.ac.uk or via www.danielcarey.design

altruism

authority

age

A ..

belief



bravery

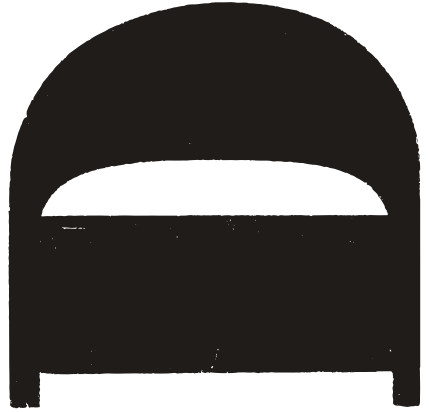
conversations

C

commun

consistency

constructive



diagnosis



decisions — death



empathy

endurance

emply



foresight frustration family fighting friendships

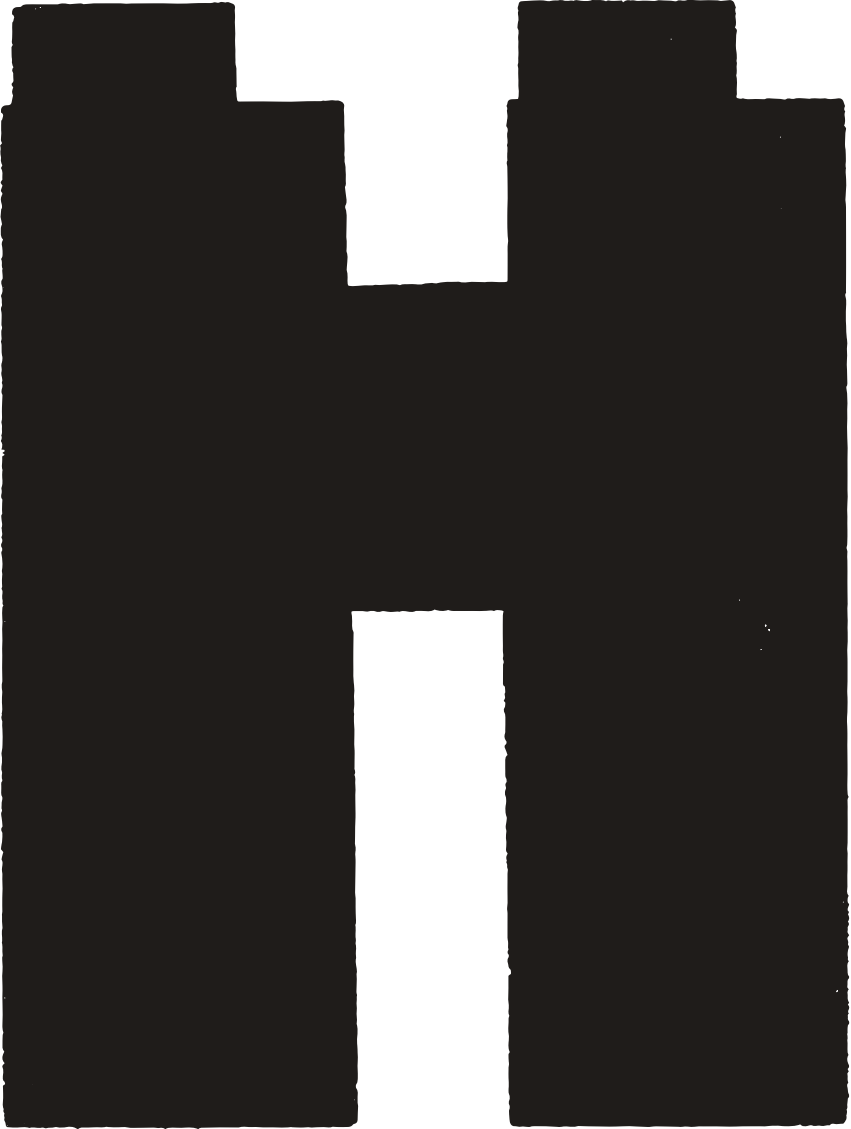
grief

growth



good

gratitude



help

hope

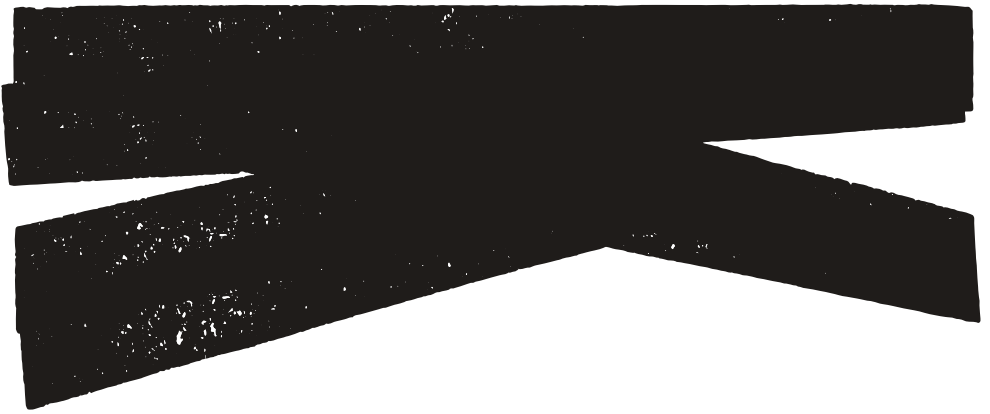


interventionönnövatidönnöclusion



o

y



kindness

language

longevity

leadership

love

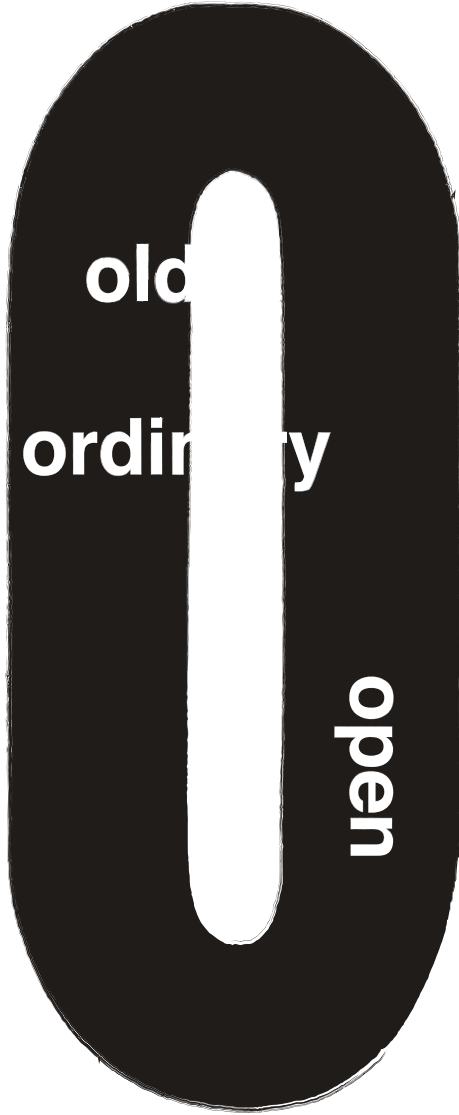
m

**medication
milestones
mindfulness
mortality
memory
mentality**

need



new



old

ordinary

open



perseverance
passion

participation

poverty

planning



questioning

resilience

resistance

results

rest

R



strength

support

satisfaction

time

Tt

tolerance
tiredness

U

usefuluseless

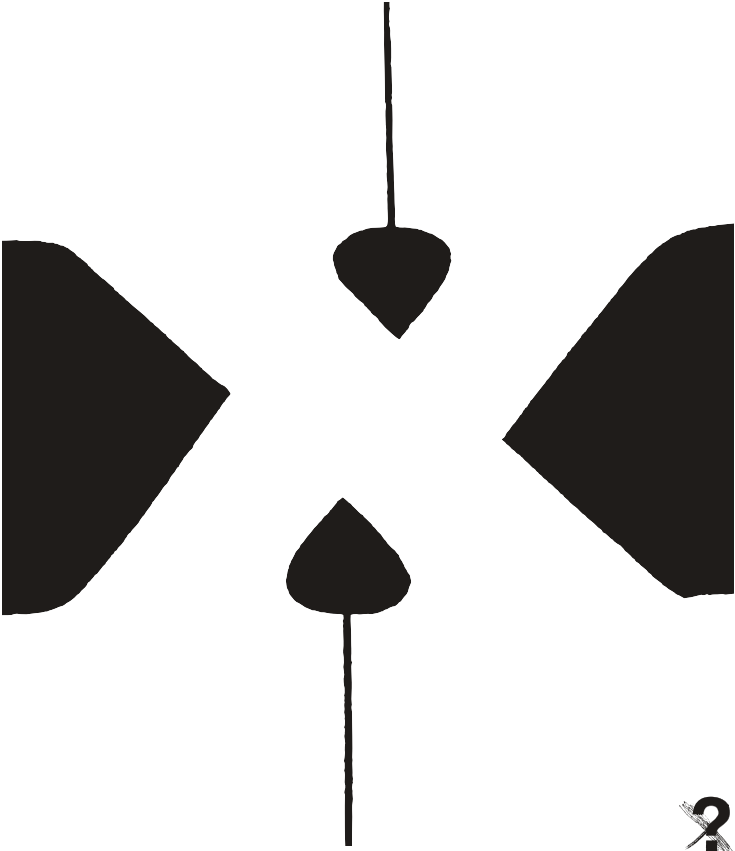
virtue



value

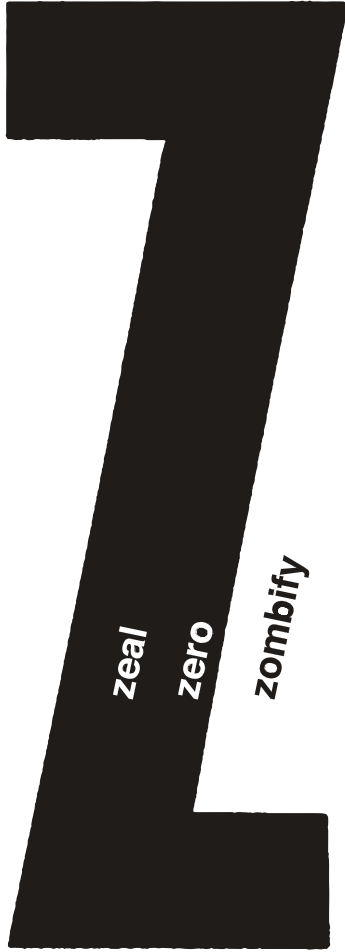
weakness
worthwhile





Y
y

you



zeal

zero

zombify