

## Parent Carers Need More Help



Parent carers feel tired, lonely, and stressed because they can't afford the extra costs of caring for children with disabilities or illness.



Many families can't pay for daily needs, even with benefits. They have no savings and skip meals. Some can't keep warm or afford dental care.



Most parent carers can't work as much as they want. They need better support, like affordable childcare and help with extra disability costs.