Easing the strain for family carers in Hampshire

Friday 21 November, 2025

This November, for National Family Caregivers Month, Age Concern Hampshire is highlighting both the dedication and challenges faced by the thousands of people across Hampshire who provide unpaid care for someone living with dementia, most of whom are family members. With over 25,000 people in the county providing unpaid care, many find themselves balancing multiple responsibilities while coping with the emotional and physical strain of caring for a loved one.

Providing care can be overwhelming, and accessing the support carers are entitled to is often complicated. Many families are unaware of funding options that could ease the financial burden, such as Local Authority support and Attendance Allowance. Navigating the application process can be time consuming and feel confusing, leaving carers without the help they need and deserve.

Age Concern Hampshire's Information Service team is available to guide carers through these challenges, offering advice, support, and practical assistance with applications. Their goal is to ensure carers do not miss out on financial support that can make a real difference in their daily lives.

In addition, Age Concern Hampshire provides vital respite through its Care and Wellbeing Centres in Dibden, New Milton, Locks Heath, and Yateley. These centres offer tailored day care for people living with dementia, including stimulating activities and social engagement with transport and lunch optional. Carers benefit from the opportunity to have time to themselves and focus on their own wellbeing while knowing their loved ones are supported in a safe and friendly environment.

Hannah Park, Head of Operations at Age Concern Hampshire, said, "Family carers in Hampshire give so much, often without recognition. Between the emotional strain and navigating complex support systems, it is essential they have access to guidance and practical help. Our teams are here to make that process easier and to provide respite so carers can recharge."

For more information or support,
visit https://www.ageconcernhampshire.org.uk/care-and-wellbeing-services-hampshire or call 01962 868545.

Editor's Notes:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities. *Its mission is to help people 'Age well and Live well'.*

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