

How My Life Plans Helps Your Carer

Your carer is important. They may be a parent, partner, brother, sister or grandparent. They are:

- Your voice when you can't find the words.
- Your memory when you forget.
- Your comfort when life feels hard.

But life changes. One day, your carer may not be able to help in the same way. That's why My Life Plans is here.



How it helps your carer:

- Your carer can **record what they know about you** – what you like, what matters, and what makes you feel safe.
- They can put your **daily routines, care needs, goals, and support team** all in one place.
- Together, you can use My Life Plans to plan for **life's big changes** like moving house, starting work, or saying goodbye.
- Your carer can make sure your **end-of-life wishes** are written down, so you are always treated with care.



Your carer can make their plans too:

My Life Plans is for you. ARILO is for your carer. When your carer is supported, you are too.

Together, My Life Plans and ARILO help you both to live well, plan ahead, and be heard.

