

CONTINUED

Q5. What is the relationship between the Nominee and the person being cared for?

Sibling(s)  Child  Spouse/partner   
Parent(s)  Relative(s)  Friend/Neighbour  Other.   
Please specify:

Q6. How long has the carer been caring for this person?

Years ..... Months .....

Q7. Does the carer have any respite opportunities? Yes/no

Q8. Does the carer have any children or other dependents? Yes/No

If yes, how many children ...../dependents .....

Q9. Tell us why you believe this carer deserves to be this year's Irish Red Cross Carer of the Year? (You can attach additional information if you wish)

.....  
.....  
.....  
.....  
.....

**Nominated by:**

Surname: ..... First name(s): .....

Address: .....

Email: .....

Telephone: Mobile: .....

Relationship to Nominee: .....

Please send the completed nomination form to: **Carer of the Year Award, Irish Red Cross, 16 Merrion Square, Dublin 2.**

**Closing date for entries is 31st August.**

For further nomination forms please visit [www.redcross.ie](http://www.redcross.ie)  
Please note we may wish to contact you about your nomination and to use the nominees story in promotional materials.



 Irish Red Cross

**CARER OF THE YEAR AWARD**

Nominate a Carer from your community

Download your nomination form from [www.redcross.ie](http://www.redcross.ie) or call 01 642 4600 for more information.

Closing date for entries **31st August**

# Irish Red Cross Carer of the Year Award

The Irish Red Cross would like to acknowledge the vital role that carers play in looking after the most vulnerable members of our society. It is often the case that those who take on the role of carer may feel overwhelmed and vulnerable themselves, it is our aim to recognise and reward them for their tireless work as carers.

If you know a carer who deserves recognition, or if you are a carer yourself, please complete the nomination form opposite and tell us about them/you.

This award is open to non-Red Cross members.



## Who is a carer?

A carer is someone, male or female, of any age that provides physical or emotional support to a person who is ill, has a disability, is lonely, elderly or vulnerable.

## How to apply:

Please send the completed nomination form to: Carer of the Year Award, Irish Red Cross, 16 Merrion Square, Dublin 2.

**Closing date for entries is  
31st August**

For further application forms please visit  
[www.redcross.ie](http://www.redcross.ie)

# Carer of the Year Award

**Nomination form** Please complete using BLOCK CAPITALS

## Carer's details

Surname: ..... First name(s): .....

Address:.....

Email: .....

Telephone: ..... Mobile: .....

Age group of carer: (please tick box below)

Under 15  15 – 19  20 – 30  31 – 40  41 – 50

51 – 60  61 – 70  71 – 80  Over 80

Age group of person being cared for: (please tick box below)

Under 15  15 – 19  20 – 30  31 – 40  41 – 50

51 – 60  61 – 70  71 – 80  Over 80

Q1. How many hours a day are spent as a carer? (Please tick box below)

2-8 hours  8+ hours  24 hours a day

Q2. What duties are fulfilled? (Please tick all applicable boxes below)

Housework  Preparing meals  Shopping

Education  Personal hygiene  Wound care

Feeding  Administering medication  Others

Please specify:

Q3. Is the person cared for? (Please tick box below)

Confined to bed  Lucid  Disorientated

In need of aids i.e. Wheelchair, hoist, zimmer-frame, other.

Please specify:

Q4. Are responsibilities shared? (Please tick box below)

Sole carer  Share responsibilities with relations/friends

Share responsibilities with professional help  Other

Please specify:

PLEASE CONTINUE OVER