## Activity 4.3 Factors that help or hinder carers

*We suggest spending around 15 minutes on this reflection activity*.

Thinking of the carers you have met during the course, or carers that you know or support at work, think about some of the factors that may help or hinder them.

Record your thoughts in the box below.

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| --- |
| **My notes** |
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## If you are doing this course as part of a group or with a mentor then you can share your answers and discuss your notes with others.