

NAO's Carer Support Community – Terms of Reference adopted 17 June 2020

The purpose and aims of Carer Support are:

- To raise awareness of what caring is and its impact on the carer
- To provide advice and friendly informed support, including signposting individuals to other resources and sources of help. This may include existing NAO resources, such as the Employee Assistance Programme (EAP) and Mental Health First Aiders (MHFAs)
- To help individuals have informed conversations with HR, line managers and others about the support the individual needs
- To raise awareness of ways in which the NAO can support individual carers