

*If you're a Carer who helps
and supports someone who
can't manage on there
own,
we want to ensure YOU get
all the support YOU need.*

*We are trying to identify & support as many Carers as
we can.*

Particularly those people who may be looking after a member of their family or helping a friend or neighbour with day to day tasks, don't really regard themselves as a Carer and are undertaking this vital activity without help or support.

If you are caring for someone, we really would like you to let us know, so that we can ensure you receive all the support and information we can give, on topics such as benefit entitlement, access to respite care or maybe simply being there to provide a kindly ear when things get too much.

*If you are a Carer,
please ask our Receptionist
for a Carer's Identification and Referral Form.*

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***Please complete this form and
hand it to our Receptionist.***

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and supports someone who
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To be able to do this, we need to know certain facts about your caring situation, as listed in the form overleaf.

Please complete this form and either hand it to our Receptionist or place it in the special "Carers Referrals" box in Reception.

If you are agreeable, we will pass your details to the Carers Service, a countywide organisation providing relevant information and advice, local support services, newsletter and telephone linkline for carers.

With your permission, we will also refer you to have your needs assessed by Adult Care Services. This is called a Carers' Needs Assessment.

There is no charge for this, and it's your chance to discuss your role as a Carer and what help you may need to:

- ❖ Support you as a Carer,
- ❖ Maintain your own health
- ❖ Balance caring with other aspects of your life, like work and family, looking at both your current and future needs.

It's NOT about judging the way you are caring for someone, nor should social services assume that you wish to become, or carry on being, a carer.

As a result of completing the Assessment, the local authority may provide services to help you in your caring role or to maintain your own health and well-being.

It can also look at the needs of the person you care for. This could be done separately, or together, depending on the situation.

