

## Signposting Information for Carers

→ [www.carersuk.org](http://www.carersuk.org) is a very informative website – it is a national campaigning/ lobbying organisation with publications on benefits, carers' rights, help when leaving hospital, carers' assessments, policy and carers' health.

→ Contact your local Carers' Centre at [www.carersuk.org](http://www.carersuk.org) or contact Carers UK at 20 Great Dover Street, London SE1 4LX. Telephone 020 7378 4999 or email: [info@carersuk.org](mailto:info@carersuk.org) Their Advice line is open Wed and Thu 10am-12noon and 2-4pm, Tel 0808808 7777.

→ NHS run Carers Direct on 080802 0202 (9 – 8 weekdays and 11 – 4 at the weekends). You can request a free call back and in a different language if that is appropriate.

→ <http://www.youngcarers.net/> Support for younger carers.

→ The following website has links to some particularly useful fact sheets for carers: [www.carersuk.org/professionals/order-publications](http://www.carersuk.org/professionals/order-publications)  
The fact sheets that we recommend are:

1. How do I get help - an introduction to assessments
2. Taking a break
3. Coming out of hospital
4. Looking after someone - a guide to carers' rights and benefits 2012/2013
5. Carers and Employment - a guide to the right to request flexible working.

→ There is also a list of local carers services here on the carers trust website [www.carers.org/carers-services/find-your-local-service](http://www.carers.org/carers-services/find-your-local-service)

**Extra Information:** Carers' Centres can be found in many areas. They will often have a phone helpline for information and emotional support. Most have a Carers' Support Officer who may be able to visit your home – they can offer practical advice, including checking that you are getting the benefits, you are entitled to receive. They also provide training e.g. how to be your own advocate, benefits, learning your way around the system etc. They all vary but they can often provide emotional support, carers' groups, breaks, counselling, schemes that benefit carers, updates of policy and the chances to be involved in policy and planning. Importantly, they also provide support to young carers. Joining these networks can make you feel less isolated.

Some points for carers to remember:

- Carers should put their own health first, otherwise they cannot care for others.
- If you are a carer it is important to register as a carer at the GP surgery as they might not know. It could be relevant when seeing the GP and gives them a whole picture re your appointment times and whether you need a home visit. It also entitles a carer to a flu jab and a yearly Health Check.
- Remember to give have to yourself on a regularly basis
- Empower yourself (give self investment)
- Take up an activity/hobby
- Meet up socially (with friends or other carers)