

Caring for someone

Caring for someone who could not manage without you?

If you look after your partner, family member or friend, who could not manage without you due to physical or mental illness, disability, frailty, life-limiting illness or substance misuse problems, then you are an unpaid **Carer** and we want to help you.

Once we know that you are caring for someone then we can:

- Offer you a free annual flu vaccination and health check
- Arrange flexible / joint appointment times where possible
- Offer you our free 'Carer Information Pack' which is available from Reception
- Offer you a referral to your local Carers Support Service, which provides free information, support and advice
- Offer you a referral for a Carer's Assessment, which identifies what support you may need in your caring role and what is available to you

Register with us today by completing our Carer Identification Form, ask Reception for a copy. You can return your completed form back to our Receptionist.

Key facts about caring:

Caring will affect us all at some point in our lives. Carers provide unpaid care by looking after an ill, older or disabled family member, friend or partner. It could be a few hours a week or around the clock, in your own home or down the road.

The amount and type of care that carers provide varies considerably. A Carer might provide a few hours of care a week – shopping, collecting medication and taking someone to medical appointments – or they may care around the clock.

- The vast majority of care in the UK is provided by family and friends, who make up the UK's 6.5 million carers. Social services and the NHS rely on carers' willingness and ability to provide care and without it they would collapse.
- 3 in 5 people will be carers at some point in their lives.
- According to an NHS Information Centre survey, most carers (40%) care for their parents or parents-in-law, and over a quarter (26%) care for their spouse or partner.
- The pressures of caring can take a toll on carers' physical and mental health. 92% said that caring has had a negative impact on their mental health, including stress and depression.

More information is available to support unpaid carers and their families from:

- **NHS Carers Direct**
 - Free Helpline: 0300 123 1053
 - NHS Carers Direct provides confidential information and advice for carers. The helpline advisers can give you information to help you make decisions about your personal support needs, and the needs of the person you're looking after.
 - Lines are open 9am to 8pm, Monday to Friday (except bank holidays), and 11am to 4pm at weekends. You can request a free call back, or an interpreted call back in one of more than 170 languages.
- **Carers UK**
 - Free Advice Line: 0808 808 7777
 - Carers UK is a charitable organisation that provides information, advice and support for carers and families.
 - Carers UK can connect carers so no-one has to care alone; campaign together for lasting change; and innovate to find new ways to reach and support carers.,