

Carers Information Sheet

All this information is available on our website under the Carers Direct section.

Carers Direct



Are You a Carer?

If you are **please let us know** - we may be able to help you.

NHS CHOICES

There is a wealth of information on [NHS Choices](#) about carers and caring. Below are some links into the site that we hope you will find useful.

- [Caring for a parent](#) - <http://www.nhs.uk/Video/Pages/Caringforaparentathome.aspx>

Watch this video on: caring for a parent at home

- [Telling people](#) - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/how-can-i-get-social-care-support.aspx>

Caring responsibilities can make it difficult to maintain friendships or develop new ones. Telling your friends you're a carer is important so they understand and can support you.

- [Taking a break](#) - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/breaks-for-carers-respite-care.aspx>

Caring for someone can be a full-time job, but it's essential that you take time out for yourself too. Read our guide to accessing breaks and respite.

- [Housing and carers](#) - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/care-homes.aspx>

Do you know your tenancy rights as a carer? Are you aware of all your care at home options? Do you need tips on moving someone around the home?

Contact Carers Direct

Telephone

0808 802 0202

Helpline Information

<http://www.nhs.uk/carersdirect/carerslives/updates/pages/carersdirecthelpline.aspx>

Email

CarersDirect@nhschoices.nhs.uk

Office Hours

Lines are open 8am to 9pm Monday to Friday, 11am to 4pm at weekends. Calls are free from UK landlines.

Carers support groups

Finance and Law

Help claiming benefits, looking after your bank balance and understanding the legal issues of caring.

- Benefits for carers - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/benefits-for-carers.aspx>

Directing carers to the benefits that can help them in their caring role

- Benefits for the person you care for - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/personal-independence-payment.aspx>

Advice and information on helping the person you look after get the benefits that they are entitled to

- Death and benefits - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/other-financial-help.aspx>

How your benefits maybe affected after the death of the person you look after and what happens to their benefits

- Managing someone's legal affairs - <http://www.nhs.uk/carersdirect/moneyandlegal/legal/Pages/Overview.aspx>

Advice for when carers find they have to take over the legal affairs of the person they are looking after

- Other benefits - <http://www.nhs.uk/carersdirect/moneyandlegal/otherbenefits/Pages/Overview.aspx>

Advice for carers and the people they are looking after on claiming a whole host of other benefits unrelated to their disability or caring

- Personal and household finance - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/other-financial-help.aspx>

Advice on keeping a tight rein on household and personal finance for carers

- Social fund - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/other-financial-help.aspx>
- Tax credits - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/tax-credits.aspx> (this link will open in a new window - popups must be allowed)

Information on claiming tax credits and whether you might be eligible

Support for carers

Am I a carer?

You are a carer if you provide unpaid support to a family member, neighbour or friend. They could need support because they are ill, frail, disabled or have a mental health or substance misuse problem.

The support you provide could be:

- washing and dressing
- shopping and food preparation
- helping with laundry or housework
- keeping someone company
- helping someone take medication
- emotional support or help managing difficult behaviour
- keeping an 'eye' on someone to make sure they are safe.

You are still a carer if you:

- don't live with the person you care for
- are not the only person providing care to someone
- are caring for more than one person
- are not related to the person you care for.

Ask reception to record that **you are a Carer** on your medical records and we shall ensure that you receive the support you need when you attend the surgery.

Carers First Nottingham City



Carers First provides practical and emotional support to Carers who live in Nottingham City through one to one support, telephone support, advocacy – empowering carers and their cared for with knowledge and support to access their rights and entitlements.

Carers First provides a wide range of culturally appropriate and impartial information and support for carers across **Nottingham City** who look after someone with an illness, disability, frailty, or who is experiencing mental health issues. We have a diverse team of Support Workers and a Network Co-ordinator, who have a wealth of knowledge and experience, working with carers on an individual basis to identify what support, help, information may be needed, please see our [Carers First Support Workers](#) page for more information. The team will also refer and signpost to other relevant organisations such as: Welfare Rights, Condition Specific Support and the Carers Federation Counselling Service, where appropriate.

WE ALSO OFFER THE FOLLOWING SERVICES FOR CARERS:

Carers First has a **Drop In** session for Carers who live in Nottingham City on **Monday mornings 9am to 12pm** – if you are a Carer living in Nottingham City – whether you are registered with us or not, you can just turn up and speak with a Support Worker.

Monthly Carer Support Groups – breaking down isolation with a range of speakers, activities and time to share and have a break from the daily routine of caring.

Caring with Confidence - workshops which look at all aspects of caring including – coping as a carer – offering strategies and sharing experiences.

Carers Assessments:

Carers First can provide Carers with a Carers Assessment for Carers caring for someone NOT in receipt of Adult Social Care because they are not entitled or do not want their involvement, please contact us for further information.

Carers Respite Service:

Carers First can offer Carers caring for someone, NOT in receipt of Adult Social Care because they are not entitled or do not want their involvement, access to a free short term Respite Service – please contact us for further information.

If you are a carer and do not know where to go, if you have ANY questions, concerns, please contact Carers First on 0115 9629 369 and we will help you.



Funded by:



Nottinghamshire & Derbyshire – 0115 9628920

Are you, or is someone you know, providing much-needed care for a loved one?

Get free access to a range of support and services – right when you need it most.

Carers Trust East Midlands provides timely, personalised information and support via the [Nottinghamshire Carers Hub](#) to make caring for a loved one easier. The scheme is funded by Nottinghamshire County Council and the local NHS. The Carers Hub can offer:

- [Information, advice and guidance](#)
- [Signposting to other organisations](#)
- [Short break accommodation](#)
- [Access to Carers groups and drop-ins](#)
- [Free health and well-being memberships](#)
- [Access to Carers breaks](#)
- [Free training and caring support](#)
- [Carers Smart' benefits and discounts](#)
- [Carers grants](#)
- [Peer support](#)

Are you wondering if you are a Carer?

You may not see yourself as one, but if you are supporting a relative or friend of any age who has a learning disability, mental health issues, a history of substance misuse, a serious health condition, is physically disabled, or is elderly and frail, then you are a Carer.

Look after yourself as well as the loved one you care for. Get in touch today.
(Lines are open Monday to Friday, 9am until 5pm)

Email us: hub@carerstrustem.org

or fill in the [Referral Form](#) attached, which can be emailed to the Hub, or posted to our Head Office.

Details of Referring Agency

Name of person making contact:	
Agency Name:	
Contact telephone number:	
Email address:	
Date of request:	



REFERRAL FORM

Please fill in ALL boxes

CLIENT DETAILS – General Details			
Surname			
Forenames			
Address			
Postcode			
Telephone No.		Mobile No.	
Email address			
Main Referrer/Contact			
Notes/General Description			
CLIENT DETAILS – Personal Details			
Gender		Ethnic Group	
Date of Birth		Religious Group	
Marital Status		Employed	
GP Surgery			
Registered with their GP as a Carer?		Advised Carer to register with their GP	
How long have you been a Carer?			
Carer Disability			

RISK ASSESSMENT - Details			
DEPENDANT DETAILS			
Surname			
Forenames			
Address			
Postcode			
Illness / Disability			
GP Surgery			
Relationship to Carer			
Gender		Ethnic Group	
Date of Birth		Religious Group	
Marital Status		Employed	
REASON FOR REFERRAL			
ANY OTHER INFORMATION			

Please return this form to:
 Nottinghamshire Carers Hub, Carers Trust East Midlands, 19 Pelham Road, Nottingham, NG5 1AP
 Email: hub@carerstrustem.org Tel: 0115 824 8824 Fax: 0115 962 3110