

Carer Information Prescription

Caring for someone can be very challenging as well as rewarding. To make sure you are getting all the help and support that you are entitled to follow the 8 steps below or call your local carers helpline on 0117 9652200

- 1. Look after your own health – register as a carer at your GP Practice.** Many surgeries can offer carers a free flu vaccination, flexible appointments, information and support. To join the carer register ask for a carer identification form at reception.
- 2. Get a plan in place for emergencies – apply for the Carers Emergency Card:** The Carers Emergency Card is a card you carry in your purse / wallet that identifies you as a carer so that if you have an accident / emergency, the emergency services will know that the person you care for needs help. They will then put your personal emergency plan into place to care for that person and or provide up to 72 hours of care in their home.
- 3. You are entitled to a Carer Assessment by your Local Authority –** this is an assessment of your needs as a carer. An assessment can lead to practical support from the local authority to help you with your caring role. This could be someone to help the person you care for with washing, dressing or toileting or getting equipment to help you to lift or move the person you care for. The assessment may also help you get support to have a break from your caring role.
- 4. Get the latest benefits advice – you may be missing out.** There are specific benefits and or reductions in payments that carers and people with disabilities or health conditions are entitled to.
- 5. Find out what services and support is available locally for you and the person you care for -** Contact your local Carers' Support Centre for information, advice, practical and emotional support.
- 6. Get support to stay in or return to work as a carer.** Juggling work and caring for someone can be difficult. You can request flexible working from your employer and have the right to take a 'reasonable' amount of time off work to deal with an emergency involving a dependent. There is also support for carers looking to get back into work from Job Centre Plus and other agencies.
- 7. Talk to someone about how being a carer affects you -** It is important to be aware of the affect that caring has on you and your own health. Talking about this can help in itself or be the first step to getting the support that you need.

For more information, advice or support on any of the above please call Carersline on 0117 965 2200

**If you care,
we care.**

The Carers' Support Centre

NHS

Bristol Clinical Commissioning Group

NHS

South Gloucestershire
Clinical Commissioning Group

The Vassall Centre Gill Avenue, Fishponds, Bristol BS16 2QQ www.carerssupportcentre.org.uk