

Do you look after someone?



A Carer is someone who provides unpaid help and support to a relative, friend, or neighbour who could not manage on their own due to illness, disability, frailty, physical impairment, mental ill health or substance misuse.

You can be a Carer at any age. This includes Young Carers (under the age of 18) who support family members.



Did you know that help and support is available?

If you are a Carer you can access support from a range of places to help you with your caring role.

You might be given a Carers registration/referral form for you to complete and hand in to your local GP surgery. You do not need to complete both halves of the form (**Sections A and B**)...it's up to you.

By registering as a Carer you can obtain information which will reduce the impact of your caring role, help you look after your own health, and support you to make time for yourself.

The help of the carers support worker has been very helpful!

SECTION A

Why should you register as a Carer with your GP surgery?

Registering as a Carer will help your health care team to:

- ✓ understand your caring responsibilities.
- ✓ signpost you to information, help and support, either now or in the future.
- ✓ share information about the person you care for (with appropriate written consent).
- ✓ provide more flexible appointments that reflect your caring role.
- ✓ offer you an annual flu jab (free).
- ✓ refer you to other services or organisations that might be able to help you.



Ask for a registration/referral form today.

SECTION B

How might this make a difference for me?



Before a referral: *I looked after my husband who has Alzheimer's and I felt isolated, depressed and lonely. I was struggling to care for him on my own.*

After: *I am now in receipt of three hours replacement care a week. My husband spends time each week at a day centre. The Carers Service also helped me to apply for Attendance Allowance which I can use to employ a cleaner.*

Before a referral: *I care for my daughter with learning disabilities and had to ask my teenage son to help because I couldn't manage on my own. I was really anxious about what would happen if I became ill.*

After: *Talking about my situation really helped. I feel less isolated and I have joined a local Carers Group who are really supportive. This has also helped me to put emergency plans in place. My son is now recognised as a Young Carer at school and receives support for himself.*

What does a referral mean?

You will be asked for your permission in order for you to be referred to your local Carers Information Service. They will be able to supply you with a range of information. This might also include offering you an appointment with a worker from the local Carers Service to talk to you about your specific needs.

With your permission they can also refer you to Social Services for information on your rights as a Carer, including a Carer's Assessment.

If you are a Carer and need help now, or would like more information please contact:

Carmarthenshire Carers Service
T 0300 0200 002
E info@carmarthenshirecarers.org.uk

Ceredigion Carers Service
T 01545 574000
E contact-socservs@ceredigion.gov.uk

Pembrokeshire Carers Service
T 01437 611002
E pciss@crossroadsmww.org.uk

Please note the nature of help and support will vary depending on the Carers situation and what is available within each county.