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## Looking after someone

This factsheet is for anyone who wants to know more about caring for another person. Many people do not consider themselves Carers. It may seem the most natural thing to look after a friend or relative. However, in concentrating your time on the person you care for, you can forget your own needs.

Caring for someone else can be both challenging and rewarding. You have the right to decide whether you take on or continue the role of Carer. This factsheet focuses on you as the Carer. You are not alone, there are thousands of carers in Carmarthenshire and there are various organisations that may be able to help. We hope this information will give you practical and emotional support, as well as links to other sources of help and information.

## Caring for yourself

It can be difficult to recognise yourself as a Carer and to accept that you have needs of your own. Do not feel guilty about needing and asking for help. If you can take care of yourself, you are more likely to stay healthy and able to continue helping the person you are providing care for. Becoming a Carer may have happened suddenly, leaving little time to think about the implications for you. Or it may have been a gradual process, with you taking on more responsibility for the person you care for. It may have been a role you accepted willingly out of love, or out of duty, or a bit of both.

Looking after someone else is nearly always **hard work**. You may find it a financial drain, physically or mentally exhausting, or all three. Coming to terms with a new role may take time and constant readjustment.

## Coping with your feelings

How do you feel at times? Tired? Isolated? Guilty? Upset? Angry? Embarrassed? These are common feelings experienced by many Carers but may also be mixed with positive feelings.

## Dealing with stress

No matter how well you deal with your caring role, there will inevitably be times when you experience high levels of stress. To ensure your own health does not suffer, it is important to try and deal with stress. Possible ways of doing this are to ask friends and family for support; talk through situations with appropriate professionals, face to face or by telephone, or seek help from GP's, pharmacists, or other health professionals you may know.

## Counselling

If you are experiencing depression or anxiety or feel you need additional support in helping you to deal with your circumstances, you can discuss with your GP whether it would be appropriate for you to be referred for counselling. Or you could try voluntary or charitable agencies that offer counselling. There are charges for private counselling services, but sometimes these can be negotiated.

**Support Groups** and carers' organisations can be a source of help. You may want to contact a Support Group to get information and find out how others have met and dealt with problems similar to those you encounter. There are a number of groups representing various conditions, for example, diabetes, arthritis or mental health problems, learning disability and so on. These groups can provide you with information about the particular illness or disability experienced by the person you care for.

**Please contact the Carers Information Service for details of local support groups.**

## Taking the Strain

Lifting and moving the person cared for can cause injury to Carers who are particularly vulnerable to back and other injuries. To find out more information about training and aids to lifting and moving contact the Carers Information Service.

If the person you care for is in hospital, or undergoing physiotherapy, ask the physiotherapist for advice. Occupational Therapists (OT's), whether from the NHS or Social Care, can give advice on lifting and moving as well as disability equipment. You can ask your doctor to refer you. If a disabled person asks for an assessment by Social Care, it is often done by an Occupational Therapist.

## For further information:

### **Carers Information Service**

For information, advice and support on caring including an outreach service

0300 333 2222

The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire SA15 2TH

[info@ctcww.org.uk](mailto:info@ctcww.org.uk)

[www.ctcww.org.uk](http://www.ctcww.org.uk)

### **Carmarthenshire Young Carers**

Supports young carers under 18 years

01554 742630

Tŷ Elwyn, Town Hall Square, Llanelli. SA15 3AP

[youngcarersservice@carmarthenshire.gov.uk](mailto:youngcarersservice@carmarthenshire.gov.uk)

**Delta Wellbeing**

Local authority's social care service available 24-hours a day, 7-days a week and 365-days a year. Emergency service after 5pm and up to 9am weekdays, Saturdays, Sundays and Bank Holidays.

0300 333 2222

<http://www.deltawellbeing.org.uk/>

**Dewis Cymru**

01639 882536

<https://www.dewis.wales/>

**Carers Trust**

Carers Trust works to improve support, services and recognition for Carers.

[www.carers.org](http://www.carers.org)

[www.youngcarersnet.co.uk](http://www.youngcarersnet.co.uk)

**Carers UK**

For information and advice about caring.

0808 808 777

[advice@carersuk.org](mailto:advice@carersuk.org)

[www.carersuk.org](http://www.carersuk.org)

**COURSES FOR CARERS****Looking after Me – EPP Cymru**

A short course for carers to learn ways in which they can look after their own health needs whilst they are caring for another person.

01554 899035

[caroline.davies9@wales.nhs.uk](mailto:caroline.davies9@wales.nhs.uk)

[sarah.tomlinson2@wales.nhs.uk](mailto:sarah.tomlinson2@wales.nhs.uk)

[www.eppwales.org](http://www.eppwales.org)

**COUNSELLING****British Association for Counselling and Psychotherapy (BACP)**

For information on private counsellors in your area.

01455 883300

[www.bacp.org.uk](http://www.bacp.org.uk)

**Carmarthenshire Counselling Service**

A voluntary organisation with trained counsellors offering individual counselling for adults over 18 years.

01554 772385

[carmarthenshirecounselling@gmail.com](mailto:carmarthenshirecounselling@gmail.com)

## Disclaimer and copyright information

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## Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice, and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

## Contact details

Carmarthenshire Carers Information Service  
The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire SA15 2TH

0300 0200 002

[www.ctcww.org.uk](http://www.ctcww.org.uk)



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