

# Guide to Carers Services

Easy Read Version



# Are you a carer?

If you often help someone then you may be a carer.

This could be a member of your family, a friend or a neighbour.



## Carers often help with things like:



- shopping
- cleaning
- help with the garden
- helping someone to get washed and dressed.

## Who can be a carer?

You can be a carer at any age. You do not have to live in the same house as the person you care for.

## Young Carers

Young Carers are under 18 years of age and there is a Young Carer Service that can offer:



- someone to listen to you
- things to do, like clubs and days out
- help by talking to other people who work with you or your family.

Tel: 01773 833833

# Parent Carers



Parent carers are parents with a disabled child or children.

There are some groups that can support parent carers and their families.

- **Fairplay** offers support to young people aged 0-25 and their families - tel: 01246 203963
- **Umbrella** can support families that live in Amber Valley, South Derbyshire, Erewash and South Dales - tel: 01332 203963
- **Parenting Additional Needs** is a support group for parents and carers - tel: 07980 762778.

## Carers Assessments

If you care for someone and don't get paid for it you can have a carers assessment. An assessment is a look at your way of life and any needs you have.

This will give you info on:



- support groups
- training
- useful help
- taking a break from caring.

# Carers Emergency Card



If you have a carers card and something happens to you, your card tells us that you are a carer.

We can then make sure the person you care for is looked after until you are better.

# Personal Budget



A Personal Budget may help you as a carer. You can spend it in any way you think would make caring easier for you.

Please call Derbyshire Carers on 01773 833833 for more info.

# Benefits for carers



If you are a carer you may be able to make a claim.

For more info please ring the Welfare Rights Team on 01629 531535.

# Mental Health Support Groups

Mental Health Carers run two groups for carers of people with mental health problems. For more info ring

- 07730 526219 (Derbyshire north)
- 07921 162740 (Derbyshire south)

# Carers support groups



There are groups that offer support and things to do for carers.

These can be found on the Carers in Derbyshire website at:

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

# Brokerage

The Brokerage team can help you find local care and support services. Tel:01629 537763



- day centres
- home care services
- care homes
- social groups and clubs, and things to do

# Carers Respite Service



The person you care for may be able to have a short stay in a care home to give you a break.

Ring Call Derbyshire on 01629 533190.

## Moving and Handling

Our Adult Care training team provides free help for carers, where you can learn safe ways to lift and move someone and First Aid.

For more info call 01629 531492.

## Family Carers Hospital Discharge Checklist

This Derbyshire County Council checklist shows what should happen when someone you care for comes out of hospital.

A checklist is a list of things to do.

For more info:

[www.carersinderbyshire.org.uk/  
caring-for-someone-leaving-  
hospital](http://www.carersinderbyshire.org.uk/caring-for-someone-leaving-hospital)



## Let your GP know you are a carer

The NHS offers support to all carers. You should let your GP know you are a carer so they can help you.

# Support services

**Derbyshire Carers Association** offer carer assessments and give general help to carers. They also run carer support groups.

Tel: 01773 833833

**Carers Direct** is a free helpline that offers advice and info to help people who care for others. Tel: 0808 8087777 or go to [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

**Respite** contact Call Derbyshire tel: 01629 533190.

**Handy Van** Tel: 0203 535 4999 A service that offers help with DIY in the home.

**Trusted Trader** Tel: 01629 533190 A list of companies that can give you good value services. There are also advisers, to give you help on how to pay for care.

**Community Transport** offers a service to people who find it hard to use public transport.

Tel: 01335 300670 if you live in High Peak, Derbyshire Dales or South Derbyshire

Tel: 01773 746652 if you live in Bolsover, Chesterfield, North East Derbyshire, Amber Valley or Erewash



# Support services



Call Derbyshire on 01629 533190

Minicom: 01629 585240

Text: 86555



Website: [www.carersinderbyshire.org.uk](http://www.carersinderbyshire.org.uk)

or [www.derbyshire.gov.uk](http://www.derbyshire.gov.uk)

Email: [contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk)



Write to us at:

Adult Social Care & Health

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County Hall

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**Free** info

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