

Guide to Carer Support

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 and Young Adult Carers

Young Carers are children under 17.5 years and Young Adult Carers are young people aged 16 - 25 years. 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: **01246 203963**

Carers Assessments

If you look after someone and do not get paid, you can have a carers assessment. This looks at your life and needs. It will give you info on:



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



If you would like to have a carer assessment, please contact The Derbyshire All-Age Carers Support Service on **01773 833833**.

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 The Derbyshire All-Age Carers Support Service 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.

- **07486 389423** (Derbyshire north)
- **07779 107087** (Derbyshire south)

Carers support groups



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

These can be found on the Council's Carers in Derbyshire website at:
www.derbyshire.gov.uk/carers

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**.

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 information:

www.mobiliseonline.co.uk/hospital-discharge

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**

Web: **www.derbyshirecarers.co.uk**



Carers Direct

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**



Trusted Trader

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.

Tel: **01629 533190**

Get in Touch



Call Derbyshire on **01629 533190**
Text: **86555**



Website: **www.derbyshire.gov.uk/carers**
Email:
contactcentre@derbyshire.gov.uk



Write to us at:
Adult Social Care & Health
Derbyshire County Council
County Hall
Matlock DE4 3AG

The Adult Care Information Promise, a **FACT** you can rely on. **We promise to provide you with:**



Free information
Accurate information
Clear information
Trustworthy information

If you think we have broken our **FACT** promise, please let us know so we can make improvements.