

Do you support someone? If the answer is yes who supports you?

Carers are people who provide help and support to a family member, friend or neighbour who cannot manage on their own due to physical or mental illness, disability, substance misuse or frailty brought on by old age. Carers can be any age.

Many carers do not see themselves as Carers for different reasons. You may be looking after your:

- Husband, wife or partner
- Siblings
- Friend or neighbour
- Child with disabilities
- Parents.

Let your GP surgery know if you are a Carer

Your surgery needs to know if you care for someone to ensure that you are supported effectively.

Collect and complete a 'Do You Care for Someone?' leaflet from reception to register as a Carer. You will then be provided with a Carers Information Pack that contains information to help you support your own health and wellbeing.

Your information will remain confidential within your GP records and will not be shared with other agencies.



Carers Assessments

The local authority has a statutory duty to offer Carers Assessments. This can be a productive way of identifying your needs as a Carer.

The eligibility criteria to access a Carers Assessment requires that you provide regular and substantial care, which equates to 14 hours per week.

If you are providing less than 14 hours a week and feel your caring role is impacting on your our health and wellbeing you are also entitled to access a Carers Assessment.

To request a Carers Assessment Call Derbyshire on 08456 058 058.

Emergency Card Scheme for Carers

The Emergency Card provides 'peace of mind' to Carers if anything should happen to them. It helps council staff at Derbyshire County Council to get in touch with friends and relatives and if necessary provide replacement care for the cared for person.

To request a Carers Emergency Card complete the Record of Carers Details on the back of the 'Caring for Carers' magazine and return it to Derbyshire County Council,

Alternatively; ring **Call Derbyshire on 08456 058 058** to complete the application.

To access an online copy of the 'Caring for Carers' magazine click the following link www.derbyshire.gov.uk/images/CarersNewsletter_Issue2_for%20web_tcm9-141606.pdf.

Local Support Services

We cannot include all of the local invaluable organisations that are available to support carers but you can access all service information through the NHS Derbyshire County Information Prescriptions at http://www.derbyshirecounty.nhs.uk/services_we_buy/your_health/long-term-conditions/information_prescriptions and click on the link for CARERS

Derbyshire Welfare Rights Service

Advice for carers on benefits, tax credits or employment issues

Benefits help line: 0845 120 2985 e mail to:welfarights@derbyshire.gov.uk

Derbyshire Carers Association

Provide emotional and practical support to Carers in Derbyshire administer the carers breaks scheme

Head Office: 01773743355 <http://www.derbyshirecarers.co.uk/>

SPODA

Help and support for families and carers of substance users within Derbyshire

Free phone 0800 068 5718 <http://www.spoda.org.uk/>

Alzheimer's Society

Supporting people with dementia, their families and carers

Derby Office: 01332 208845

Chesterfield Office: 01246 223366 <http://www.alzheimers.org.uk/>

Derbyshire and Derby City Young Carers

Support children and young people who regularly care for a family member

Derby: 01332 370430

Chesterfield: 01246 207752 <http://www.actionforchildren.org.uk>

Mental health forums

Self help groups of carers holding forum meetings and support groups

Chesterfield: 0162584400 or 0162958125 <http://www.derbyshirementalhealthcarers.co.uk/>

Derby: 01629 822337 or 07891450119 <http://www.dcsdmentalhealthcarers.org/>

Carers UK

National Carers organisation promoting Carers Rights www.carersuk.org

Carers Direct

NHS signposting service for Carers with useful advice & guidance

<http://www.nhs.uk/carersdirect>

Princess Royal Trust for Carers **National Carers organisation and resource**

<http://www.nhs.uk/carersdirect>

Crossroads East Midlands **National charity who provide care and support to services to Carers at home** <http://www.emcrossroads.co.uk/>

Derby & Derbyshire Parent Support Service **Provide support to parents & carers of children with disabilities** <http://www.derbyshireparentpartnership.co.uk/>