

Do you care for a partner, relative or friend?



Cover photo: Bethany Hampel



If yes, you may be a carer

Who are carers?

Carers look after family, partners or friends in need of help because they are ill, frail or have a disability. The care they provide is unpaid and may include:

- Personal care, such as helping with washing, dressing, going to the toilet or dealing with incontinence issues
- Help with eating or taking medicines
- Getting to doctors / hospital appointments
- General help within the home

Carers:

- May themselves be unwell or have a disability
- Do not necessarily have to live in the same house as the person they are caring for
- Can be any age
- May be providing physical and/or emotional care.

It could be you.....

- There are 6 million carers in the UK
- Everyday another 6,000 people take on a caring responsibility

So, you are not alone.....

Becoming a carer can be confusing, bewildering and frightening. No-one is super human and all carers need help, support and back-up.

New to caring?



You're a carer!



recognising yourself is the first step to getting the support you need.



Include your friends and family

it is important that you don't try to cope alone – speak to family and friends and make sure they know the extent of your caring role.



inform your GP and ask them to write it on your notes. If they know that you are a carer they are more likely to be able to offer you convenient appointment times.



Tell Essex County Council – Adults, Health and Community Wellbeing

This should be one of your first contacts as they will be able to offer advice and information. (See back page)



If you still work, make sure that you let your employer know of your caring responsibilities.



Claim your entitlements

The benefit system is complex and many carers are unsure of what they are entitled to and should be claiming. Essex County Council will also be able to advise on this and direct as appropriate.



Find your nearest carers support group or organisation

Again, Essex County Council will be able to give you information on what exists. It is good to chat with other carers and organisations within your local area.



Look after yourself

It is easy to neglect yourself when you are busy caring for someone. Caring without a break, without proper sleep and without support is extremely stressful. Remember that a little can go a long way so, when you can, try and take some time out to do something for yourself: read a magazine, visit a friend, watch a TV programme or go for a walk.

Essex County Council may be able to organise a sitting service for you with an organisation like Crossroads, so that you can have a few hours to yourself.

What help and advice is available for carers?

Essex County Council may be able to **help make things easier for you**, or put you in touch with another organisation that can help.

We may be able to provide services to the person you care for. **We may also be able to provide services for you, that will support you in your caring role.**

The help may include:

- Services that give you a break
- Emotional support from other carers or people who understand
- Help with household tasks, gardening or decorating
- Benefits advice
- Training to assist you with your caring tasks
- A piece of equipment to make life easier for you
- An emergency plan, to help you think about what will happen if you are unwell yourself.

Other information that may be of assistance:

Benefits Advice

Benefits Enquiry line for carers 0800 882200

Assistance within the home

Age Concern Home Support 01245 346101
www.ageconcernessex.sageweb.co.uk

Information on Adult Social Care services in Essex

including telecare services 0845 6037630

National Organisations supporting Carers

Carers UK 0808 808 7777
www.carersuk.org

Princess Royal Trust for Carers 0844 800 4361
www.Frers.org

Relatives and Residents Association 0845 017 7720
www.relres.org

Caring for someone

www.direct.gov.uk/en/CaringForSomeone/index.htm

Counsel and Care

www.counselandcare.org.uk

Voluntary Organisations specifically supporting Carers living in Essex

Essex Carers Support www.carersten.freeserve.co.uk	01255 474410
Maldon Carers (covering mid-Essex) maldoncarers@tiscali.co.uk	01621 851640
Epping Forest Carer Support l.norton@vaef.org.uk www.vaef.org.uk	01992 564178
Harlow Caring for Carers fiona-langridge@harlowcarers.org.uk	01279 308314
Uttlesford Carers (Carers UK)	01371 875810
The Salvation Army (covering south Essex)	01702 552963

Crossroads

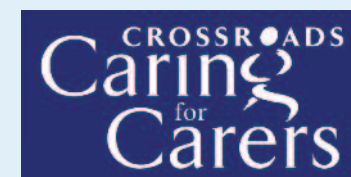
About Crossroads

A Crossroads service is about giving time – improving the lives of carers by giving them time to be themselves and have a break from their caring responsibilities.

Every scheme provides practical support where and when it is most needed – usually in the home. A trained Carer Support Worker will take over from the carer to give them ‘time to be themselves’.

Crossroads Schemes in Essex

Braintree & District Crossroads	01245 360706
Brentwood & District Crossroads (covering Brentwood and Basildon)	01277 201789
Castlepoint Crossroads	01268 681720
Redbridge, Epping & Harlow Crossroads (Epping & Harlow office)	01992 572557
Tendring Crossroads	01255 860960
Uttlesford Crossroads	01799 513496



Essex Libraries Supporting Carers

Can't get to the library?

If you can't get to the Library, then the Library will come to you.

If age, disability or caring prevents you visiting the library then trained volunteers can bring books, spoken word, music or information to you at home.

Phone 08475 603 7628 for details

Need to know more about a specific condition?

Borrow from a range of disability and health related advice books.

When print is not good enough.

Libraries can offer books on tape or CD free of charge to someone who has a visual impairment or who cannot hold a book or read print. Ask at your local library for more information about this and other talking book services.



Are you a Carer?

Do **you** look after, **help**
or **support** someone who is **ill**,
frail or has a **disability**?

Find out what **support** is
available to carers in Essex.

**Ask for your free Carers
Support Assessment**

Telephone the Carers hotline

01245 434375

or complete a self-assessment online at
www.essexcc.gov.uk/selfassessment

This booklet is issued by

Essex County Council, Carers Strategy Team

You can contact us in the following ways:

By Post:

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By telephone:

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Visit our website:

www.essex.gov.uk

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and/or made available in alternative formats, on request

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