

## Carers Prescription

Caring for someone can be very challenging as well as rewarding. To make sure you are getting all the help and support that you are entitled to follow the 7 steps below:

1. Look after your own health—Register as a carer at your GP Practice.
2. Get a plan in place for emergencies—apply for the carers emergency card.
3. You are entitled to a carers assessment by you local authority.
4. Get the latest benefits advice—you may be missing out.
5. Find out what services and support is available locally for you and the person you care for.
6. Get support to stay in or return to work as a carer.
7. Talk to someone about how being a carer affects you.

## Sunderland Carers Centre

If the person you look after someone close to you can affect everyone in a household, so we take a 'whole-family' approach and can support you and all your family.

Staffed by professionals with a range of specialist knowledge, you can visit the Centre or simply phone us, go on their website.

Pop in:

9am –5pm—Thompson Road, Sunderland, SR5 1SF

Phone: 0191 5493768

Email: [contactus@sunderlandcarers.co.uk](mailto:contactus@sunderlandcarers.co.uk)

Lots more: [www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

# Park Lane Practice Carers Information Pack

What is a carer?

A carer is anyone who, unpaid, looks after a friend or family member who cant cope alone due to illness, disability a mental health problem or an addiction. A carer can be any age.

## Guide to Self—Care cont.

### Message in a bottle

This is voluntary scheme for anyone living at home, who might be reassured to know that essential information would be readily available to the Emergency Services should they suffer an accident or sudden illness. The scheme ensures that vital information is available not only to identify you, but to advise of relevant illness, allergies, medication and contact addresses. For more information please contact Sunderland Carers Centre.

### Carers Assessment

Sunderland Carers Centre is carrying out Carer's Assessments on behalf of Sunderland City Council (for adults looking after other adults). The Carers assessment is a great way for you to think about your own self-care as the focus is all about achieving and maintaining your own well-being and balancing this with your caring responsibilities. There is a Carers Assessment form within this pack.

## Think about your finances

We know that caring can have an effect on finances. If you would like a benefit check, our carer Contact Team can carry this out for you by using the benefit calculator on the Sunderland Carers Website. They can do this over the phone or an appointment can be made for you to come into the Centre to do this. I have also enclosed a benefit information leaflet within this pack.

## Talk to your friends and family

They may not be aware you are looking after someone or indeed of the level of care and support you provide. They may be able to support you and help

## Remember it is ok to ask for help!

## Guide to Self -Care

You may not think yourself as a carer. But if you look after someone, who couldn't manage without your support, because of their long term illness, disability or frailty then YOU are a Carer.

### What is Self-Care?

Self care is general prevention and taking action to look after yourself. Everyone can benefit from a combination of self-care and self management with the right support, information and guidance.

### Look after yourself

The demands of a caring role can make it difficult for carers to look after their own health and wellbeing. Remember we must take time out to look after ourselves so that we can continue to take care of our loved ones.

### Talk to other carers

At Sunderland Carers Centre they run monthly peer support groups enabling you to take a break and have a chance to meet other people in the same situation as yourself. Don't feel isolated: you are not alone.

### Seek information and Advice

Sunderland Carers Centre believe it is important for carers to understand what support is available to them in their caring role and what services are available to support your loved one. Having this information at the correct time in your journey can prove vital.

### Look to the future plan

Apply for the Carers Emergency Card. The Carers Emergency Card Scheme is operated by Sunderland Care and Support and forms part of their Telecare Service. Sunderland Carers Centre facilitates the completion of Carers Emergency Card forms on their behalf and supports carers to plan for the future.

## As a carer you can expect :

To be identified as a carer early as possible, be informed, be respected and included by health and social care professionals.

To have choice and control about your caring role, get personalised support you need as a carer to meet you and your family's needs.

To be able to stay healthy and well yourself, and for your own needs and wishes as an individual to be recognised and supported.

To be supported to fulfil educational and employment potential, and where possible in maintaining employment.

If you are a young carer or young adult carer, to be supported so you are able to thrive and develop educationally, personally and socially, and you are protected from excessive or inappropriate caring roles.

## Carers in equal partnership;

Supporting and developing training programmes to raise awareness and understand of the needs of carers and their families, and of local carer support services for health and social staff and partner organisations.

## Young Carers

**Sunderland Carers Centre also supports hundreds of young carers aged 5 to 25.**

Sunderland Carers Centre have trained staff offer one-to-one support and guidance to children and young adults whose lives are impacted by having a caring role. This might be because they look after someone themselves or are part of a family where someone is cared for and it has an impact on the young person's life.