

Do you look after someone?

Support for you and the person you care for



We recognise the important role which carers play in the lives of the people they care for and we take our responsibility for carers seriously so that carers can live the lives they want.

You are a carer if you provide unpaid support for someone living at home who couldn't manage without help because they are frail, ill or have a disability, mental health condition or misuse substances. It is likely that you are a partner, relative, friend or neighbour who provides support as part of your daily or weekly routine and you may not even consider yourself a carer. Carers help people in a variety of ways such as:

- dressing
- bathing
- shopping
- cooking
- cleaning
- paperwork
- managing finances
- getting about
- supporting a person with mental health condition
- arranging GP, hospital or professional appointments

This information is intended for carers over the age of 18. If you are under the age of 18 and care for somebody, you can ask your school for more information. Most schools have a staff member who is the first point of contact for young carers.

To find out more, call the Family Information Service (FIS) on 020 8871 7899 or email fis@wandsworth.gov.uk

You can also access information and online support at www.youngcarers.net

The types of support we can offer carers

We offer a variety of support to you and the person you care for



Information

We provide information and can signpost you to a range of support including:

- social care and support services
- other council services
- support in caring role
- carer's assessment
- carer's grant
- health care or medical services
- the wide range of support available from the Wandsworth Carers' Centre, Age UK, Alzheimer's Society, MENCAP and other voluntary organisations

Access Team

The first point of contact for adult social services for information and advice

Call: 020 8871 7707

Email: accessteam@wandsworth.gov.uk

Minicom: 020 8871 8640

ACIS

Our online resources directory at www.wandsworth.gov.uk/acis

Wandsworth Carers' Centre

Information, advice and benefits checks for carers and a range of other support services. Including specialist advice for carers of people with mental health conditions, those who misuse drugs and alcohol, asian carers support, osteopathy, complementary therapies and counselling. Out of hours appointments available.

Call: 020 8877 1200

Email: info@wandsworthcarers.org.uk

Visit: www.carerswandsworth.org.uk

Age UK Wandsworth

Information, advice, support and services for people aged 60 plus and their carers.

Call: 020 8877 8940

Email: info@ageukwandsworth.org.uk

Visit: www.ageuk.org.uk/wandsworth

Alzheimer's Society

Support and services for people living with any type of dementia and their carers.

Call: 020 8877 0033

Email: swlondon@alzheimers.org.uk

Visit: www.alzheimers.org.uk

Wandsworth Mencap

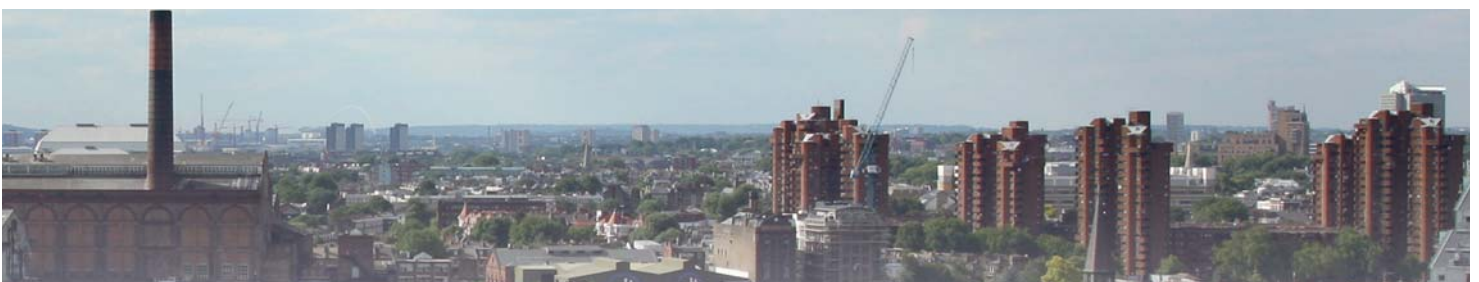
Support, advice and services including IT tuition and massage for people with a learning disability and their families and carers.

Call: 020 8767 9911

Email: wandsworthmencap26@yahoo.co.uk

Visit: www.mencap.org.uk/

[local-groups/group/wandsworth-mencap](http://www.mencap.org.uk/local-groups/group/wandsworth-mencap)



Recognising the role of carers during the assessment of the needs of service users

We will always try and take into consideration the views of the carer when we assess what someone needs help with. We encourage service users to include their carers and family in the development of their support plans (the plan of what help they need and how it will be provided). We will ensure that their support plan takes into consideration your knowledge of the cared for person and both yours and the cared for person's routines.

What is a carer's assessment?

This is an assessment of your own needs and how caring for the person affects your life. It enables you to think about how caring affects your life, the things you like about caring and the areas you feel you may need some support in. It also gives you the opportunity to think about your life outside of your caring role and ensure professionals have a better understanding of your role in supporting the person you care for.

Who is eligible for a carer's assessment?

You are entitled to a carer's assessment if:

- The person you care for is 18 or over
- The person you care for is eligible for or has received a community care assessment
- The person you care for lives in Wandsworth
- You provide or intend to provide regular and substantial care
- You do not receive payment in cash or in kind for the care you provide.

How can I request a carer's assessment?

Contact our access team to request a carer's assessment either at the same time as the person you care for has their community care assessment or review, or separately.

If the person you care for has not had any involvement from Wandsworth adult social services you may still be entitled to a carer's

assessment. Normally they will need to be assessed before we can assess your needs. However, if they refuse we can still offer a carer's assessment, but we will need evidence that you are a carer, e.g. a letter from a GP or community nurse.

If you are using one of the voluntary organisations below they are able to start the assessment process with you and will then send the information you have given to adult social services to follow up if needed.

- Age UK Wandsworth
- Alzheimer's Society
- Wandsworth Mencap
- Wandsworth Carers' Centre



What are the benefits of a carer's assessment?

- It gives you time to reflect on your own needs
- You can identify any areas of concern either for yourself or the person you care for
- It may result in respite services for the cared for person, to give you a break
- It may result in identifying additional services for the cared for person
- You may be signposted to other organisations for advice and support
- There may other direct services which we are able to provide for you depending on your personal circumstances
- You may be able to apply for a carer's grant

What is a carer's grant?

The carer's grant scheme can provide up to £250 each financial year for carers to use towards something which will improve their quality of life. This can include: evening classes, holidays, items to free up time, and fitness and leisure equipment.

Do I qualify for a carer's grant?

To be eligible to apply for a carer's grant you must be providing regular and substantial care to someone who:

- lives in Wandsworth
- is aged 18 or over
- is receiving, or is eligible to receive help from adult social services

How do I apply for a carer's grant?

For carers of older people or people who are ill, frail, have a physical or learning disability, a sensory impairment or a mental health condition

Contact the Access Team

Call: 020 8871 7707

Email: accessteam@wandsworth.gov.uk

For carers supporting people with the effects of drug and alcohol

Contact the Drug and Alcohol Service and ask to speak to the social work team

Call: 020 8875 4400 or

send a message on

www.kcadultsms.org.uk/contact

They will ask you a few questions to ensure that you are eligible for a carer's grant and send a form to you. The carers grant scheme is open April through to March, but once the allocated funds for the year have been used up the scheme will close until the next year.

See fact sheet 1 'Carer's Grant Scheme' for more information

Registering as a carer with your GP

As well as the health and wellbeing of the person you care for it is important for you to look after your own. Addressing your own health and wellbeing needs will reduce your likelihood of illness or injury and help enable you to provide the level of care you wish for longer. Please inform your GP of your caring responsibilities so they can offer you a 30 minute consultation and health check and begin supporting you to remain healthy.

Telecare

Telecare is assistance technology which can give you peace of mind. The most familiar piece of telecare is the pendant alarm button worn around your neck or wrist which connects to an alarm unit. However, there are a number of different services at varying costs. Some will provide a visiting service while others will contact nominated people in an emergency. You can choose the type of system which suits you and the person you care for best.

See fact sheet 13 'Telecare help in an emergency' for more information

If you have questions about this fact sheet or if you need it in an alternative format (eg. large print, Braille or audio tape) please call (020) 8871 7707 or email accessteam@wandsworth.gov.uk

For information about local services visit our website www.wandsworth.gov.uk/acis

Information in this fact sheet is correct to the best of our knowledge as of November 2013