

# CARERS INFORMATION LEAFLET

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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 or call Derbyshire Carers on 01773 833833.

1. **Look after your own health – register as a carer at your GP Practice.** Many surgeries can offer carers a free flu vaccination, information and support. To join the carer register ask for a carer pack at reception.
2. **Get a plan in place for emergencies – apply for the Carers Emergency Card:** The carers Emergency card is a card you carry in your purse/wallet that identifies you as a carer so that if you have an accident/emergency, the emergency services will know that the person you care for needs help. They will then put your personal emergency plan into place to care for that person.
3. **You are entitled to a Package of Care Assessment by Derbyshire County Council Adult Care** – this is an assessment which can lead to practical support from the local authority to help you with your caring role. This could be someone to help the person you care for with washing, dressing or toileting or getting equipment to help you to lift or move the person you care for. This assessment may also help you get support to have a break from your caring role.
4. **Get the latest benefits advice – you may be missing out.** There are specific benefits and or reductions in payments that carers and people with disabilities or health conditions are entitled to. Please book an appointment with the Citizens Advice Service (appointments available at the Surgery).
5. **Find out what services and support is available locally for you and the person you care for** – Contact your local Carers Support Centre – Derbyshire Carers on 01773 833833
6. **Get support to stay in or return to work as a carer.** Juggling work and caring for some can be difficult. You have the right to request flexible working from your employer. There is also support for carers looking to get back into work from Job Centre Plus and other agencies.
7. **Talk to someone about how being a carer affects you** – It is important to be aware of the affect that caring has on you and your own health. Talking about this can help in itself or be the first step to getting the support you need.
8. **Talk to our Care Co-ordinator** – Micheala Kirkman is the Care Co-ordinator for Ivy Grove Surgery and is available to contact on 01773 514130. Micheala works on a Wednesday, Thursday and Friday between 8.00am and 4.00pm . She can help anyone over the age of 18 to access support or information that they may need to help with their caring role.