

A carer's assessment to discuss what would make life easier for them.

Support to take a break and look after their own health.

Online and local information and advice.

Support (including equipment) for the person being cared for.

Advocacy to ensure their voice is heard.

What kind of services are available to help carers?

Specialist support for young carers and young adult carers.

Support groups, social events and emotional support.

Planning for emergencies or for the future.

Training on how to care for someone.

Education, training and employment opportunities.

Help to recruit, train and support a personal assistant.

The chance to get involved in shaping services for carers.

Services may vary depending on your locality. Call Carers Trust on 0844 800 4361 or email info@carers.org for further details or visit www.carers.org or www.youngcarers.net.

A carer is anyone who cares, **unpaid**, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

What do carers want most from health and social care professionals?

- Recognise me as a carer but also as a parent, partner, child, relative, friend and member of my local community.
- Share information with me and with other health professionals.
- Signpost me to information and help link professionals together.
- Make sure care is flexible and available when it suits me and the person I care for.
- Recognise that I may need help, not just as a carer but in looking after my own health and wellbeing.
- Respect me and involve me as an expert partner in care.
- Treat me with dignity and compassion.

(Based on carers' own words in NHS England's & NHS Improving Quality's Commitment to Carers 2014.)

www.carers.org
www.youngcarers.net

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