

Caring for Adults in Cambridgeshire



1. Can you identify carers and put them in touch with available support?

Do you look after someone and want to know more about support for yourself?

Online: www.carerstrustcambridgeshire.org
www.cambridgeshire.gov.uk
www.nhs.uk

If your needs change. Please get back in touch.

Would you like to **talk** to someone about available support?

Phone Carers Trust Cambridgeshire **0845 241 0954** or **01480 499090**

We can provide the advice you need to remain independent and well – this might include a “What If?” plan for emergencies.

We will contact you to check your needs are being met. If your needs change meanwhile, please get back in touch

3. How could you help carers to identify their needs?

Need more support? We can offer you a Carers Assessment. We will consider:

- What is important to you?
- What you would like to achieve?
- Whether you are eligible for statutory support from Cambridgeshire County Council

2. What help can you offer to support carers looking for information?

If you don't have eligible needs we will provide information and advice specifically for you and offer you a What If? Plan card and key card.

If there is a significant impact on your wellbeing as a result of your caring role you are eligible to a personal budget (sum of money) to meet your needs. We will help you to create a Support Plan to meet your needs and offer you a What If? Plan card and key card.

Everyone can (and we will encourage you to) access:

- Carer and care-specific information, advice and guidance
- Local events for family carers for your wellbeing
- The chance to learn from or share with other carers
- Support and events suitable for you, through other Not for Profit Partners
- Opportunities to involve your wider family and make plans for the future

4. How can you support carers to remain independent and healthy?