

Do you look after someone?

Carers are people who provide unpaid support to a partner, family member, friend or neighbour who may be ill or disabled and could not manage without this help,

This can range from helping with the weekly shop to providing full time, personal care.

Being a carer is rewarding, but it may also be very hard work. Caring can be stressful and it is important to think about your own mental and physical health and emotional wellbeing, as well as the person you are caring for.

Support is available for anyone who cares for someone else whether you call yourself a 'carer' or not. This support can help make the caring role easier and it can free up more time for you to take care of yourself.



Independent, safe and well



Many people find it helpful to use their wider friends and family network to support them in their caring role. There is lots of other support available to carers locally. Examples of support include:

Caring Together work with Cambridgeshire County Council and Peterborough City Council to provide support and advice that matters to you as a carer.

Telephone: 0345 241 0954

Email: hello@caringtogether.org.

Website: www.caringtogether.org

Family Carers' Prescription gives carers of any age, including young carers, access to a specialist worker at Caring Together who will help you make a plan to support your needs. This means you can have help with your own physical or mental health (which could include a break), as well as support to make it easier for you to attend your own medical appointments. Find out more at www.caringtogether.org/fcp

Making Space offer support and advice and carer's assessments to Cambridgeshire carers of adults (18-65) when the cared for person has mental ill health but is not supported by the Cambridgeshire and Peterborough NHS Foundation Trust (CPFT). www.makingspace.co.uk

Carers can find lots more community services and support by searching the council directories.

Cambridgeshire Online

Directory www.cambridgeshire.gov.uk/cambridgeshire-online-directory

Peterborough Information

Network www.peterborough.gov.uk/PIN



What if something happens to you

If you are unable to look after the person you care for there is support available.

In both Cambridgeshire and Peterborough emergency support can be provided to the person you care for, in the event of you being unable to care because of a sudden illness, accident or other unplanned event.

This is done by getting in touch with your nominated contacts for you, with back-up support available, if this is essential.

In **Cambridgeshire** you can register for the **What If?** Service.

The service operates 24 hours a day, 7 days a week, every day of the year. You can access the service through Caring Together.

In **Peterborough** you can register or the Emergency Support for Carers Scheme

You can contact Adult Early Help on 01733 747474 or complete the online form on the Peterborough Information Network www.peterborough.gov.uk/PIN and search 'Caring for Someone'



If you need a bit more help

If you need support to continue in your caring role beyond that offered by local organisations and voluntary groups, you may be able to get some support from the council. As well as information and advice to support your caring responsibilities, and support to help you look after your own wellbeing, the council may also do a more in-depth carer's assessment to understand what is important to you and what your needs are.

This will focus on you and the outcomes you want to achieve to help maintain your wellbeing. Carer's assessments are available even if the person you care for does not get any help from the council.

You can prepare for this conversation by asking yourself the following questions:

- What do I want to achieve?
- If I can achieve this, what difference would it make to my life?
- What support do I have in place already?

You can ask for a Carer's Assessment by contacting the council:

Cambridgeshire County Council

Telephone: 0345 045 5202

Email: careinfo@cambridgeshire.gov.uk

Peterborough City Council

Telephone: 01733 747474

Email: adultsocialcare@peterborough.gov.uk

