

01 October 2017

Are You New To Caring?

If you have recently taken on caring responsibilities for the first time, or your caring role has become more demanding and you need more help, this fact sheet will highlight the areas of support that could be available to you.

If you are unpaid for caring, and caring for someone or about to start caring for someone, you are entitled to have a Carers Assessment. This is your opportunity to talk to a member of Health and Community Services (HCS) staff about your caring role and how it impacts on your life. It will look at among other things; potential help with breaks from your caring role (respite), support through provided services, and help to plan for the future and emergencies. Our Jargon Buster will help you to understand the terminology used in the Healthcare system.

Tell your GP you are a carer

It is important that you register as a carer with your GP surgery. If your surgery is aware that you have caring responsibilities, it should enable the team there to support you more fully. For example, appointments can be arranged at more suitable times, you can be offered a free flu vaccination and have your own health monitored. If you are struggling, it may be that Health and Community Services need to provide more services, so don't be afraid to ask for a re-assessment of the situation. There may also be courses to enable you to learn effective and safe moving and handling techniques.

The Somerset Carers Service will support you with advice, information and emotional support, we'd really like to hear from you and can get you registered within a few minutes. Please call us on **0800 31 68 600** or email carers@somersetccc.org.uk.