

# Do you look after someone?

## Introduction

We recognise and value the support provided by unpaid carers within Brighton and Hove and want to make sure that carers have access to the support they need.

If you look after someone, you have a right to information, advice and support and we want to make it as easy as possible for you to get the help you need. Even if the person you look after does not want anyone else to support them, you can still get help as a carer.

This leaflet provides information & advice about the support available to people who care for another adult, including young carers who support a parent or older sibling. The leaflet can also be used as a checklist of things to consider doing to help yourself in your caring role.

## Who is a carer?

A carer is someone who provides unpaid support to family or friends who couldn't manage without their help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has a mental health need or substance misuse issues. It could be someone who has dementia or a learning disability.

A carer may help with activities like

- personal care
- managing medication
- preparing meals
- cleaning and laundry

## Who is a young carer?

Young carers are children and young people under 18 years old who help to care for someone in their family. Most young carers help to care for one of their parents or care for a sibling and help with extra jobs around the home, which their family member would find difficult without their support.

## Getting support in your caring role

The Carers Hub provides a single point of contact for carers to access information, advice and a range of support services available to unpaid carers, including young carers.

### Contact the Carers Hub

[www.carershub.co.uk](http://www.carershub.co.uk)

[info@carershub.co.uk](mailto:info@carershub.co.uk)

01273 977000

## What happens when I contact the Carers Hub?

The Carers Hub is a partnership of the following organisations who work closely together to support carers and the people they care for:

- Carers Centre for Brighton & Hove
- Alzheimer's Society
- Crossroads Care
- Adult Social Care, Brighton & Hove City Council

The Carers Hub will ask you some questions about your caring situation to help work out the best way to support you. This is called a carer's assessment.

You have a right to a carer's assessment if you provide, or intend to provide, unpaid support to someone who could not manage without your help.

You don't have to have a carer's assessment to access support from the Carers Hub but it can be a useful first step in helping you to understand your situation and the needs you may have.



Brighton & Hove  
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If you look after someone, it's important to look after yourself too. Use this checklist of useful tips on things that you can do to look after yourself whilst you are looking after someone else

- **Look after your own health & wellbeing** – contact the Carers Hub to find support to improve your health & wellbeing and to arrange free cover so you can attend your own health appointments
- **Get benefits advice** – make sure you and the person you are caring for are receiving the right benefits. Disability benefits and carers allowance can help reduce the financial impact of caring. To access advice and information on benefit entitlement and get support with applying for benefits visit [www.mylifebh.org.uk/money-advice-benefits/](http://www.mylifebh.org.uk/money-advice-benefits/)
- **Claim your discounts** – use your Carers Card to save money on health, wellbeing and leisure activities, including discounted travel. Find out how and where to use your card at [www.mylifebh.org.uk/the-carers-card](http://www.mylifebh.org.uk/the-carers-card)
- **Tell your GP practice you're a carer** – you might qualify for a free flu vaccination or annual health check
- **Ask family and friends to help** – use the 'Jointly' app to help share caring tasks with family & friends. You can also use the app to keep track of appointments and other people involved in the care. Download it for free using the code BHCC\_JT75
- **Get online** – the internet is full of information, support and discussion forums relating to carers. The internet can also help to make some caring tasks easier, such as internet banking or online shopping. Contact the Carers Hub for support to get online and to find more information on different types of online help
- **Use equipment and technology** – daily living equipment and telecare can help the person you care for to stay more independent, and help make caring tasks easier. Find out more at [www.safeandwell.co.uk/brighton-hove/](http://www.safeandwell.co.uk/brighton-hove/)
- **Let people at work know you are a carer** – continuing to work whilst caring can help you to have a better balance in your life and provide you with social interaction outside of your caring role. Staying in work or returning to work can be daunting; you may find it helpful to talk with your employer about taking some time off or working flexibly. Your employer may already have advice and support in place for employees with caring responsibilities.
- **Get training** – you may find it helpful to access free training that could help you in your caring role. This could be first-aid training, manual handling training, or training around the specific condition of the person you care for.
- **Plan for emergencies** – carers often worry about what would happen to the person they care for if they have an accident or are suddenly taken ill. Join the emergency back-up scheme so you have a plan in place.
- **Take a break** – caring for someone can be tiring so it's important that you take regular breaks to look after your own wellbeing and quality of life. Think about what type of break you need, and what support the person you care for will need to have in place so that you can have a break. We can give you advice and put you in touch with Adult Social Care if you need help to arrange replacement care.
- **Think about the future** – there may come a time when you are no longer in your caring role. It is important to keep focused on your hobbies and interests. Use your carers card to get involved with new activities and take some time for yourself. You may like to learn a new skill or want support with working towards a goal. The Carers Hub can support you to do this through their reablement service.

**Contact the Carers Hub**  
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