

# Are you a Carer?

Do you care for a partner, relative or friend who is ill, is an older person, or who has mental health problems?

## Who is a Carer?



...they all are!

Produced by Carers Forum  
*Caring for Carers*

## Who is a Carer?

- > **Carers** offer unpaid support to family members and Friends.
- > A **Carer** is some one who may need access to services on behalf of the person they care for.
  - > A **Carer** may need support in their Caring role.
- > **Carers** look after some one who may need help with their care.

## Do you look after some one with a Disability? What you can do!

**The law says that every **Carer** who provides 'regular and substantial care' should have a care plan for their own needs.**

### Carers should:

- > Be identified by Health and Social Services.
- > Have their own caring physical, and mental health needs assessed.
- > Have a care plan agreed and used to meet their own needs.
- > Be helped to understand the nature of the illness.
- > Know how to contact services if they need to.
- > Carers can request an annual check up from their GP.

### GP's should:

- > Identify patients who are Carers.
- > Check Carers' physical and emotional health whenever possible, at least once a year.
- > Tell Carers that they can ask Social Services for an assessment of their health.

**Please feel free to call Carers Forum for more Advice.**  
**01709 254138 or 01709 254809**

## Rotherham Carers Forum may be able to help and support you by:

- > Sending out useful information and advice.
- > Signposting to appropriate services.
- > Inviting you to informal meetings, to listen to a variety of speakers on subjects relevant to Carers.
- > Getting in touch with other Carers in a similar position, for example at the regular meetings.

## We can signpost to training courses available Carers such as:

- > Lifting and Handling
- > IT Skills
- > Expert Carer
- > Expert Patient

## Do you care for?

An Older Person?

Some one with a Physical/Sensory Disability?

A Mental Illness?

Learning Disability?

*“Ask the team today, how WE, can help **YOU!**”*

Please feel free to call Carers Forum for more Advice.

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# Contact Details:

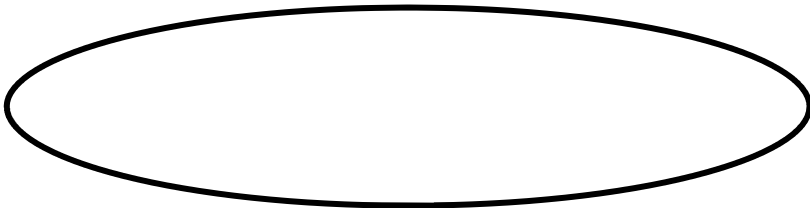
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Opening Hours  
Monday to Friday  
9:00 am to 5:00 pm