



To find out more about care and support in England, contact:

Signpost for Carers - 01803 666620 or signposts@nhs.net

For all carers information go to www.tsdft.uk/carers

For national information for carers about the Care Act
try www.carersuk.org and search 'Care Act 2014'

Carers Aid Torbay - (01803) 323510

Disability Information Service - 0300 456 8373

Adult Health and Social Care - (01803) 219700

Children's Health and Social Care (01803) 208100

Torbay Young Carers Service - (01803) 208657

Torbay Young Adult Carers - (01803) 208455

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Do you support someone?

The Law ensures there is support for you


Torbay and South Devon
NHS Foundation Trust

**care and
support
& you**

Is this you?

In England, millions of people provide care or support to a family member or friend, because they are frail, disabled, have issues with mental health, drugs or alcohol, or are just getting older. This is often unpaid apart from benefits, so these people are considered to be unpaid Carers.

'Caring' for someone covers lots of different things, like helping with their washing, dressing or eating, taking them to regular appointments or keeping them company when they feel lonely or anxious.

If this sounds like you, then you may be able to get support in your caring role and with looking after your own health and wellbeing.

Support for Carers (contacts overleaf)

Information and Community Support

Good information should be provided about people's health conditions, about support that is available to them and also about general community support and activities that they can access. Signposts for Carers provides the Information Service for Carers and the Disability Information Service provides a whole host of other information including benefits advice. Health and care videos are available online, details at end.

Involvement in assessment and care planning for the person you support

If the person you support is having an assessment of their needs, then anyone involved in their care should also be included in that assessment and in planning their care. If a number of people are involved, then a 'whole family' assessment should take place where all of you are involved / consulted. Your needs should also be taken into consideration in the care planning, (such as the need for you to have a regular break) and you should be offered a copy of the plan.

Support for You

You should also be offered support in your own right, even if you are under 18, or are just preparing to take on a caring role. There is a wide range of support which can be offered by having a Carer's Assessment - either a 'combined assessment' with the person for whom you care, or a separate conversation on your own. Even if the person you care for does not get any Social Care support, you can still be supported, and they do not have to be assessed.

Young Carers aged Under 25

There is specialist support for Carers under 25 in Torbay - from groups and trips, to courses such as 'cooking on a budget'. If you are under 18 and at school, support can be provided by Torbay Young Carers Service. If you are under 25, and have left school or attend South Devon College, then support can be provided by the Young Adult Carer Service.

Health and Wellbeing Checks / Carer's Assessments

All Carers over 18 who live in Torbay can have a Carers Health and Wellbeing Check by the Carer Support Worker from their doctor's surgery as a basic Carer's Assessment. If you care for someone who is not the Trust's responsibility, such as a child or a resident of another authority, and need additional support, then the Check will be forwarded to the relevant people who can support you.

If your situation is complicated, you can choose to be seen by your Health and Social Care team (details on back), but it is still worth linking in with the support at the surgery. If you don't want to be seen by someone from the surgery or Health and Social Care team, then Carers Aid Torbay (CAT - details overleaf) can also undertake Carers Health and Wellbeing Checks, organise support and provide advocacy.

A Carer's Assessment is not an assessment of how good you are as a Carer, and will not affect any benefits. It looks at the different ways that caring affects your life and helps you work out how you can carry on doing the things that are important to you and your family. Your physical and emotional wellbeing will be at the heart of this assessment. As a result of the assessment, you will be offered advice and guidance to help you with your caring responsibilities, or to help you plan if you are unwilling or unable to continue caring.

Carer's Services

Most Carers Services in Torbay are 'Universal' services, (such as the Carers Register or Signposts Information Service), which may be used by any Carers. Some Carers may be eligible for additional support, such as Emotional Support Vouchers to access counselling support about your caring, or a small personal budget to spend on something that gives you a break. You may want to be put in touch with local Carer support groups so you have people to talk to, or to attend Carers Education courses such as First Aid or Manual Handling. There is a wide range of support available, and the Carers Assessment will help you work out what is right for you. For details of all Carers Support in this area, contact Signposts for Carers as below, or visit www.torbayandsouthdevon.nhs.uk/carers

Support for the person you care for

There have been many changes in law about care and support over the last five years, for example the Care Act 2014 (Care of Adults) and Children and Families Act 2014 (Care of Children and Young Carers).

For more information go to www.torbayandsouthdevon.nhs.uk and search 'Care Act'. For Department of Health information search 'Care Act factsheets' on the internet. For more information about the Children and Families Act locally go to www.torbay.gov.uk/children-and-families/