

Are you a young carer?

If you're a young carer/young adult carer (aged 5-18). the Young Carers Project can support you

Find out more at **youngcarerscoventry.co.uk** Young Carers Project 024 7663 2972

Penny Collard Centre, Fleet Street, Coventry, CV1 3AY





Find out about flexible working, time off in emergencies and support at work talk to your employer www.coventry.gov.uk/workingcarers



For the monthly Carers' Bulletin to find out about what's going on in the city for carers: www.coventry.gov.uk/carersbulletin

- Alzheimer's Society **Coventry** supporting people with dementia and their families. alzheimers.org.uk
 - Call Dementia Connect on: 0333 159 3456
 - Age UK Coventry supporting people over 50 to enjoy later life. ageukcoventry.org.uk 7 Warwick Row, Coventry CV1 1EX Call 024 7623 1999
- Carers Trust Heart of England a 'one-stop shop' for carers of all ages.
- carerstrusthofe.org.uk Call 024 7663 2972
- Macmillan Cancer Support Information Centre—UHCW macmillan.org.uk Call 024 7696 6052
- SEND Information. Advice and Support Service supporting families of young people with disabilities and special educational needs.

www.coventry.gov.uk/ IASS

Call 024 7669 4307

Non-emergency medical help call NHS 111

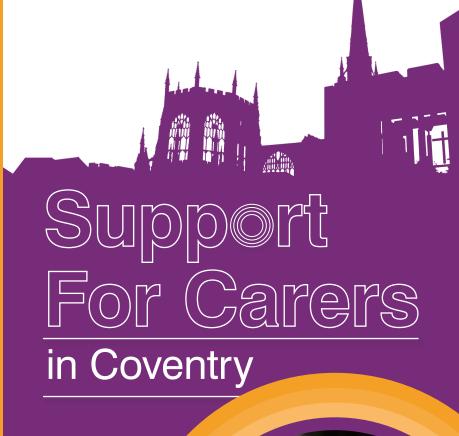
Mental Health Matters urgent 24 hr advice **0800 616171** from a landline or **0300 330 5487** from a mobile

Social Care Emergency Duty Team 024 7683 2222

For further information about health and social care, benefits, housing, legal and finances, getting help from education, visit

> www.coventry.gov.uk/ healthandsocialcare

www.coventry.gov.uk/ sendlocaloffer





If you're one of 32,000 people in **Coventry looking** after a friend or family member who cannot manage without support, you are a carer



Am I a carer?

As a carer you may support someone emotionally, with personal care or household tasks, to get out and about, attend medical appointments, take medication or manage their finances.

Your role is important and it is likely that you will need information, advice or support at some point, even if you are managing perfectly well at the moment.

Caring for someone can be very rewarding but difficult and stressful at times. This can affect your health and wellbeing and impact on your life in ways you may not have thought of.

Look after yourself

It is important for you as a carer to stay fit and well, and make time for yourself. Top tips:

- tell your GP you are a carer get free health checks, flu jabs and flexibility with appointments
- remember to eat well and regularly
- don't feel guilty for having a break make time for yourself and get help if you need it
- register with Carers Trust Heart of England get a Passport to Leisure and Learning for discounts on gym membership, leisure activities, courses and library resources
- join a carers' group for mutual support
- check out the Adult Social Care Community Directory online cid.coventry.gov.uk
- find out more about equipment and technology by visiting www.coventry.gov.uk/equipment or visiting the opal Demonstration Centre



You can get FREE TRAINING to help you in your caring role. Every carer's needs are different so there are awareness sessions, short courses, 1:1 support at home, online training, or useful

resources.

Topics include:

Moving and handling ● dementia awareness ● stress management medication • continence • skin care • ADHD and autism • first aid

- VIP course managing behaviours using equipment
- technology and much more...

Visit carerstrusthofe.org.uk or call **Carers Trust Heart of England** 024 7663 2972.



Have a carer's assessment

A carer's assessment gives you a chance to talk about your situation in more detail and focus on what is important to you. All carers are entitled to an assessment of their needs.

- your assessment can be combined with an assessment of the person you care for - your needs are considered together
- you can have a separate assessment focussing on your own needs
- complete your own online carers' self-assessment at cid.coventry.gov.uk

To request an assessment:

If not, contact

Adult Social Care Direct 024 7683 3003 or ASCDirect@coventry.gov.uk

Or if you are a Parent Carer or a Young Carer contact Children's Social Care 024 7678 8555.



The Carers Response Emergency Support Service (CRESS) can provide you with support in the event of an emergency and will help you build an emergency plan.

www.carerstrusthofe.org.uk Call 024 7610 1040