

Social Care & Housing Department

Are You a Carer?

Information for people looking after a relative, friend or neighbour



**If you would like this
information in Braille, large
print or on
audiotape please
telephone
01267 228925**

Information about other services provided by
Carmarthenshire County Council can be found on the
council's website: **www.carmarthenshire.gov.uk**

SCH1/14/07/b

Who are Carers?

Are you looking after someone in your family, a friend or neighbour who is elderly, frail, ill or disabled?

If you answer **YES**, then **YOU are a CARER**. A carer is someone of any age who provides regular, substantial unpaid care for somebody who cannot manage alone. There is no age limit to being a carer, even children can be **Young Carers**.

As a carer you may have needs that are different to those of the person you look after. We recognise that caring for someone can be very rewarding, but it can also be demanding, stressful and tiring. We may be able to make it easier for you to care for someone at home by providing help.

What help can Carers get from the Social Care & Housing Department?

As a regular and substantial **carer** you can expect:

- To contribute to the assessment of the person being cared for;
- To be listened to and recognized as an equal partner in the provision of care;
- To be informed of your rights to a carers' assessment;

- To have your needs assessed;
- The right to a break from caring and help to achieve this;
- To be involved in decision making about how services are provided;
- To be given practical help and support in your role as a carer;
- To be put in touch with other organisations and services that can help you.

How can I get help?

When you first contact us we usually visit you so that you can tell us about your situation and together, we can work out how best to help. We will discuss your needs and the needs of the person you care for before arranging any services. This is called an assessment. Assessments are not tests – they give you a chance to talk about what you are able and willing to do and whether you feel able to continue caring. We do advise that before the assessment visit, you consider talking things over with the person you care for, to try to agree what kind of help you both need. The Social Care Worker can visit you both together, or, you can ask for a private meeting if you prefer.

Services that can help make caring easier include:

- **Domiciliary (Home) Care** – to help people most in need to stay in their own homes;
- **Replacement Care or Short Breaks** – a break from caring;
- **Support and guidance** – information, advice, signposting and someone to listen to you;
- **Aids and equipment** – to help with everyday tasks;
- **Minor adaptations to the home** – such as handrails or ramps;
- **Careline Alarm System** – an emergency call system linked to a 24 hour response service;
- **Flexible Support Grants** – small grants up to £200 to help meet your needs to sustain caring (the grants are limited and only available every other year).

There may be charges or waiting lists for some of these services.

For further details and information, or to arrange an assessment please contact the Social Care & Housing department at the following addresses:

Mr Jonathan Rees, Joint Carers Development Officer
Carmarthenshire Local Health Board, Unit 5,
Parc Dafen, Heol Cropin, Dafen, Llanelli, SA14 8QW.
01554 744461

Services for Older People and Adults with Physical Disabilities:

Carmarthen
01267 224421

Dinefwr
01558 825371

Llanelli
01554 779621

Services for People with Mental Health Needs:

Carmarthen
01267 236017

Dinefwr
01269 595473

Llanelli
01554 772768

Services for People with Learning Disabilities:

Carmarthen
01267 236899

Llanelli
015547 775916

Services for Children and Families:

Carmarthen/Dinefwr
01558 825475

Llanelli
01554 742124

There are other organisations in Carmarthenshire that can offer help and support to carers, some of which are listed as follows:

Carmarthenshire Carers' Project Worker can provide advice and guidance about caring issues, support workers and groups as well as a detailed Carers' Information Pack: **01267 236436**

Carmarthenshire Young Carers' Project can offer help, advice and guidance to children and young people who are caring: **01554 775232**

Crossroads Schemes can offer practical replacement care at home – from a few hours to an overnight stay:

Carmarthen/Dinefwr **01267 220046**
Llanelli/Cwm Gwendraeth **01554 744421**

Alzheimer's Societies give information, support and some practical care:

Carmarthen **01267 211220**
Llanelli/Dinefwr **01554 779364**

Amman Valley Dementia Carers Support Group provides support, day care, specialist respite care in a small homely setting as well as training and social functions: **01269 591787**

Hafal (formerly NSF Cymru) can provide breaks from caring for carers of people with long-term mental health problems: **01267 223365**

Details of other organisations providing support to carers can be found in the Carers' Information Pack and this, together with other information leaflets can be obtained from your local Social Care team office.