



Yardley Green Medical Centre

Do you look after someone?

Leaflet for Patients and/or Carers



Are you a Carer?

Are you, or is someone you know, providing much-needed care to a family member or friend?

You are a carer if you provide unpaid support to a family member, neighbour or friend. They may need support because they are ill, frail, disabled, or have a mental health or substance misuse problem.

The support you provide could be:

- washing and dressing
- shopping and food preparation
- helping with laundry or housework
- keeping someone company
- helping someone take medication
- emotional support or help managing difficult behaviour
- Keeping an eye on someone to make sure they are safe.

You are still a carer if you:

- don't live with the person you care for
- are not the only person providing care for someone
- are caring for more than one person
- Are not related to the person you care for.

This booklet tells you about the information, advice or support that may be available to you or for the person you care for.

The information is mostly for adults who are caring for other adults. If you are caring for a child with a disability, you can find out more at

[https://www.birmingham.gov.uk/info/20131/childrenand039s_services/1267/disabled children s social care](https://www.birmingham.gov.uk/info/20131/childrenand039s_services/1267/disabled_children_s_social_care)



Information, Support and Advice for Carer's

Being a carer may affect your health, work, social life, finances, education, or family and personal life. It is important that you know what help is available to help you balance your caring life with a life of your own.

There are a number of local and national organisations that provide support to carer's, and Birmingham City Council and health services may be able to provide additional support.

To find out what is available you can:

- contact the Birmingham carer's Hub:
 - Tel: 0333 006 9711
 - Website: <http://www.birminghamcarershubs.org.uk>

Birmingham Carer's Hub

This is an organisation based in our City that can help carers in various ways, from simply giving information and advice, to accessing training, Emergency Response Support when in a crisis, to respite for adults and children. They also have support groups which many patients find useful.

The Birmingham Carer's Hub can offer:

- information, advice and guidance
- signposting to other organisations
- access to carer's groups and drop-ins
- free health and well-being memberships
- access to carer's breaks
- free training and caring support
- 'Carer's Smart' benefits and discounts
- carer's grants
- peer support



Young Carer's (5 – 18 years)

Are you a young carer or do you know someone who is?

Young carer's are those who are aged between five and 18 years old and who are looking after someone.

As a young carer, you may look after someone in your family, perhaps your mum, dad, grandparent, brother or sister. They may need help because of their illness or disability.

Young carer's might help with:

- tasks such as washing, or shopping, dressing or taking medicines
- emotional or practical support
- managing the behaviour of someone
- Providing support by 'keeping an eye' on someone.

It can feel good to care for someone, but you might sometimes find things hard to cope with. You may need more time for other things such as hobbies, school or spending time with friends.

Help and support for young carer's

If you feel you need more help or support, you can contact the Council and ask for a young carer's assessment. This will look at how caring affects you. After your assessment, you may be offered:

- financial assistance to help you attend activities such as school trips or holidays
- help to purchase equipment to support your education, such as books or a computer
- support to attend leisure activities
- opportunities to meet with other young carer's
- Information about other organisations that may help you.



Help and support for the person you care for

If you are caring for an adult, the person that you care for may feel that they need more support. They might need to have a Care and Support Assessment. This will allow them to explain the things they are finding hard to achieve and what help is required.

How can I find out more?

Contact Crossroads Care Scheme on behalf of Birmingham City Council. If you are an adult contacting us about a young carer, please help us to provide the right information by telling us that you are inquiring on behalf of a young carer and telling us if they are caring for an adult or a child.

Website: <https://www.mycareinbirmingham.org.uk/i-need-help-with/being-a-carer/who-is-a-carer/young-carer.aspx>

Email: helpline@birminghamcarerscentre.org.uk

Telephone: 0121 262 3033

Drop In Centre Address: Birmingham Carer's Centre,
198 Corporation Street,
Birmingham. B4 6QB

You can also find out more about support for young carers by contacting the following services:

Spurgeons

Website: <http://www.spurgeonsyc.org/birmingham/>

Email: birminghamyc@spurgeons.org

Telephone: 0121 227 7000

Address: Birmingham Young Carer's,
St George's Community Hub,
Great Hampton Row, Hockley, Birmingham,
B19 3JG



Birmingham Young Carer's Hub

Website: <http://www.birminghamcarershubs.org.uk/young-carer/>

Telephone: 0333 006 9711

Birmingham Mental Health – Young Carer's

Website: <http://www.bsmhft.nhs.uk/service-user-and-carer/carers-families-and-friends/carers-support/young-carers-advice/>

National Youth Advocacy Service

NYAS is a UK charity offering information and advice to children and young people.

Website: www.nyas.net

Email: help@nyas.net

Free phone: 0808 808 1001

Childline

Website: www.childline.org.uk

Free phone: 0800 1111



NHS Support for Carer's Register with your GP

There are many benefits to letting the GP practice you are registered with know you are a carer. These include:

- practice staff will be aware of your caring role (reducing the need for you to explain your role each time you contact the practice)
- signposting you to useful information and support
- providing appointments at convenient times
- providing health checks and flu vaccinations for you
- asking the person you look after for permission to share information with you and noting this on medical records
- involving you in planning the care of the person you look after
- the practice may invite you to join their patient participation group to enable you to have your say about services
- being kept up to date about events via text messaging on your mobile phone

To register as a Carer please complete the form at the end of this booklet.



Contact Details for Local and National Carer's Association

Age Concern Birmingham

A wide range of advice and practical support for the elderly and their families

Website: <http://www.ageconcernbirmingham.org.uk>

Telephone: 0121 362 3650

Alzheimers Society

A great place for carer's to access information or get hold of free publications relating to dementia

Website: www.alzheimers.org.uk

Barnardo's

Support for young carer's.

Website: www.barnardos.org.uk

Birmingham and Solihull Mental health NHS Foundation

Website: <http://www.bsmhft.nhs.uk/service-user-and-carer/carers-families-and-friends/carers-support/carers-groups-and-forums/>

Email: customerrelations@bsmhft.nhs.uk

Telephone: 0800 953 0045

Text Service: 07985 883 509

Birmingham Carer's Association

This is an independent charity run by volunteers, all of whom are carer's themselves, providing support for others.

Website: www.b-c-a.org.uk

Email: info@b-c-a.org.uk

Telephone: 0121 675 8176

Address: 130 Colmore Row, Birmingham, B3 3AP



Birmingham Community Healthcare

Their carers team offer carers groups in Birmingham which are generic and also themed (e.g. rehabilitation, carers walking group and learning disabilities)

Website: <http://www.bhamcommunity.nhs.uk>

Telephone: 0121 466 4314

Birmingham Social Services

Providing help and support, as well as care assessments for children, adults and carer's.

Website: www.birmingham.gov.uk/health-social-care

Telephone: 0121 303 1234

Carers Advocacy Service (Birmingham)

Telephone: 0121 212 1727

Email: birmingham@carersadvocacy.org

Address: 169 Newhall Street, Birmingham, B3 1SW

Carers Direct

For carer's in England, offering information, advice and support on how to take care of yourself.

Website: <http://www.carers.org/>

Telephone: 0300 123 1053

Carer's in Partnership

This is a regional West Midlands group themed around campaigns, training and service improvement

Website: <http://www.carersinpartnership.org>

Telephone: 01926 403 966

Carer's UK Adviceline

Open Monday to Friday, 10am to 4pm.

Note: listening service only available on Mondays and Tuesdays.

Website: <http://www.carersuk.org/forum>

Email: advice@carersuk.org

Telephone: 0808 808 7777



Crossroads Care Birmingham & Solihull

Website: <http://www.xroadsbham.org.uk/>

Email: birmingham.solihull@crossroads.org.uk

Telephone: 0121 449 1485

Address: Alcester Road, Moseley, Birmingham, B13 8JL

NHS Carers Direct

National information, advice and support

Website: <http://www.nhs.uk/carersdirect>

Telephone: 0808 802 02 02

Parkinsons: Caring for people with Parkinsons

A wealth of information about this disease and the care required and how to manage the treatment of Parkinsons.

Website: www.parkinsons.org.uk

Royal association for Deaf People

This organisation has a carer's toolkit. All information is signed in BSL with subtitles and is available online, as well as in writing.

Website: www.deafcarers.royaldeaf.org.uk

Solihull Carer's Centre

Website: <http://www.carers.org/local-centre/solihull>

Email: centre@solihullcarers.org

Telephone: 0121 788 1143

Address: TS1 Pinewood Business Park, Coleshill Road, Solihull, Birmingham, B37 7HG

Stonham Group

Organise many of Birmingham's local carers support groups. Contact them to find out where your nearest group meets.

Telephone: 0121 380 4949



Benefits and Financial Support

If you are looking for support and guidance on any financial matters or about claiming welfare benefits there are a range of organisations that can help you.

GOV UK

Provides information on benefits and how to apply for them.

Website: www.gov.uk

Age UK

Provides free financial information and advice service. This includes:

- options for paying for long term care
 - Power of Attorney and/or Courts of Protection
- Assessing entitlement to state benefits.

Telephone: 0800 678 1174

Website: <http://www.ageuk.org.uk/money-matters/>

Citizens Advice

Provides free advice on rights and responsibilities, including benefits and financial advice.

Telephone: 03444 111 444

Website: www.citizensadvice.org.uk

Birmingham City Council

Provides information about popular benefits and lists local information sources including advice clinics.

Website:

https://www.birmingham.gov.uk/info/20065/support_for_carers/128/apply_for_a_carers_break_grant



Carer's Registration Form

Please tick the following that applies:

- Are you a patient at this Practice?
- Are you a carer of a patient at this Practice?

Patients Details

Full Name:	
Date of Birth:	
Address:	
Telephone:	
Mobile:	

Carer's Details

Full Name:	
Date of Birth:	
Address:	
Telephone:	
Mobile:	
Relationship to carer	

I give permission for the above named person to discuss my medical history with Yardley Green Medical Centre.

Signed:

Print:

Date:

