



Carer's Quick Guide

Your rights and support available

For more information about any of the information below, you can contact Care for the Carers on 01323 738390; info@cftc.org.uk or visit www.cftc.org.uk.

Getting Help and Support

Carer's Assessment

All carers are entitled to a carer's assessment to look at your caring role and how it affects your life and wellbeing, as well as an annual review. You can request a carer's assessment by contacting Health and Social Care Connect on 0345 6080191.

More information: <https://www.eastsussex.gov.uk/socialcare/carers/assessment/>

Carer's Personal Budget

This is a one-off payment you may receive, as a carer of an adult, following a carer's assessment, to meet your eligible needs where they cannot be met in other ways. You could use the payment for leisure activities, education and training, improving your own care or wellbeing or a short break.

More information: <https://www.eastsussex.gov.uk/socialcare/carers/personal-budget/>

Support for the person you care for

The person you care for is entitled to a needs assessment from the local authority to assess their eligible needs and discuss support available.

Depending on their needs and finances, they may be eligible for funded support from the council.

More information: <https://www.eastsussex.gov.uk/socialcare/getting-help-from-us/what-is-an-assessment/> or ring Health and Social Care Connect on 0345 6080191.

Some support with paying for equipment, adaptations and technology is available. More information <https://www.carersuk.org/help-and-advice/technology-and-equipment> or ring Health and Social Care Connect on 0345 6080191 to request an Occupational Therapy assessment.

If not, you could pay for support, e.g. a care agency, a Personal Assistant or an activity in the day. You may like to use East Sussex County Council's 1Space online directory which brings together individuals, groups and organisations that offer care, support and wellbeing services to people in East Sussex.

More information: <https://1space.eastsussex.gov.uk/> or ring Care for the Carers.

Emergency support planning

As an unpaid carer you might worry about what would happen to the person you care for if you had an accident or were suddenly taken ill.

You can set up a CRESS (Carers Respite Emergency Support Service) plan to outline arrangements for short-term support in an emergency.

More information: <https://www.cftc.org.uk/get-a-carers-card> or ring Care for the Carers.

Taking a break (respite)

Taking a break is often important for your own wellbeing and quality of life. You may prefer a few hours a week, a day here or there or a few days for a holiday – or a combination.

More information: <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/taking-a-break> or ring Care for the Carers to discuss options for having a break.

Managing someone's affairs

You may want to help manage the affairs of the person you are looking after or may want to know how to plan for doing this in the future.

If the person you are caring for has capacity, they may like to make a lasting power of attorney; there are 2 types – Health and Welfare; and Property and Financial Affairs.

More information: <https://www.carersuk.org/help-and-advice/practical-support/managing-someone-s-affairs> or ring Care for the Carers to discuss this.

Other support

There is a whole variety of other support available for you and the person you care for, including counselling, groups, activities and training.

More information: <https://www.cftc.org.uk/> or ring Care for the Carers, and <https://www.eastsussex.gov.uk/socialcare/carers/directory/support/>

Finances

Information on benefits

The benefits system is complicated; it is therefore a good idea to get a benefits check to make sure you and the person you are looking after are claiming all the benefits you are entitled to.

Welfare Benefits project 0333 344 0681 or email: benefitseastsussex@harcuk.com to discuss financial issues in this guide **OR** contact the Carers UK Helpline– email: advice@carersuk.org or call 0808 808 7777.

More information: <https://www.carersuk.org/financialsupport> and <https://harcuk.com/>

Carer's Allowance

If you are a carer, you may be entitled to carer's allowance if you fulfil certain criteria, such as caring for at least 35 hours a week, not earning over £196, and the person you are caring for receiving a qualifying disability benefit, such as Attendance Allowance, DLA or PIP.

If you receive a state pension, you won't receive Carer's Allowance but may receive "underlying entitlements" to other benefits, such as Pension Credit.

More information: <https://www.carersuk.org/carersallowance>

Help with Council tax

If you are a carer, you may be able to get help with your council tax bill. Certain people, including some carers and people with a "severe mental impairment", are not counted when the council works out how many people live in a property. This often applies to people with dementia.

Contact your local district or borough council to discuss if you are entitled to a reduction.

More information: <https://www.carersuk.org/counciltax>

Disability benefits for the person you're looking after

These can help pay for the extra costs of long-term illness or disability.

Depending on their level of need, the person you care for may be entitled to Personal Independence Payment (PIP) if between 16 – 64 or Attendance Allowance if they are 65 or over.

More information: <https://www.carersuk.org/help-and-advice/financial-support/benefits-if-you-are-disabled-ill-or-injured/>

Work

Your rights – all employees have the right to request flexible working after 6 months, and to take a 'reasonable' amount of time off work to deal with an emergency or an unforeseen matter involving a dependent.

Talk to your employer – it is useful, if not always easy, to talk to your employer to see what support they can provide for you as a carer and ask if they have a carers' policy

More information: <https://www.carersuk.org/work> or ring Care for the Carers or the Carers UK Helpline on 0808 808 7777.

It is important to remember that it is your choice whether or not to take on or continue with a caring role.

No one left to care alone

Phone: 01323 738390 Email: info@cftc.org.uk Text: 07860 077300 Visit: www.cftc.org.uk

