

How we can help

We are here to answer any query you may have in regard to your caring role and to help in any way we can. If we cannot assist you directly, we will always find someone who can. Here are some examples of the things we can help with:

- **Benefits and Grants** - we provide benefits checks and can help to fill out the forms
- **Support and practical help** for the carer and the person they care for through Social Services
- **Emergency care planning** and planning for the future
- **Disability equipment and Assistive technology** (for example care phones)
- **Blue badges** (for disabled parking)
- **Other transport help**
- **Other specialist services** relevant to the person's needs
- **Advocacy** to help you to express your views and wishes including support at meetings and challenging decisions
- **Groups** where you can talk to other carers in similar situations to yourself
- **Activities** to suit you and to help you do things you enjoy
- **Help getting a break** - can be vital to help you stay healthy and maintain good wellbeing
- **Someone to talk to** - we're here to listen and help

What can carers expect from Carers Count?

- ✓ A single point of contact
- ✓ To be listened to and be taken seriously
- ✓ To be treated with respect
- ✓ To be supported in a way that meets their individual needs

Contact us

Please note that we are a Kirklees service and cover the following postcode areas:
HD1-5, HD 7-9
BD4, BD11, BD12, BD19
WF4, WF12, WF13, WF14, WF15,
WF16, WF17

- ☎ 0300 012 0231
- ✉ info@carerscount.org.uk
- 🌐 www.carerscount.org.uk
- 📍 Carers Count, Lower Ground Floor, Brian Jackson House, New North Parade, Huddersfield, HD1 5JP



Support for unpaid carers when you go home after hospital



If you or a loved one are in hospital, and you're a unpaid carer we'd like to help.

Sometimes when a person you care for comes out of hospital it can be more work for you than you realise. Often people don't appreciate how much support they will provide once home and this can feel overwhelming. However, Carers Count is here to help.

Or, if you're a carer for someone and you have gone into hospital, we can help you when you get back home.

“ If you've got a problem, Carers Count can point you in the right direction. They are very good at knowing what services are out there. - Don, Carer ”

 **0300 012 0231**
www.carerscount.org.uk

Am I a carer?

A carer is:

Anyone who provides unpaid care support to someone else due to their disability and who can't cope without their support.

Unpaid means the carer does not get paid for the tasks/time that they provide care. i.e. not employed by an agency, care home, or directly by the person themselves, and not in a volunteer role. Many people confuse care workers with carers. (Remember you can be a care worker for your job and a carer for a family member or friend).

Care support varies greatly, but includes dealing with crises, behaviours, letters, forms, appointments, emotional support, physical help to move around, dressing/undressing, personal care and hygiene, and cooking/preparing food.

Disabilities include physical health, mental health, substance misuse, frailty, and long-term conditions.



“ The trigger for me was accepting that I was in fact a carer and that I need not, despite the huge uphill struggle, try to go it alone. - Andrea, Carer ”

'Carer' is a label and people often don't call themselves a 'carer' but instead a family member or friend... but the pressures of providing care support are the same regardless of what you call yourself.

Being a carer can be very difficult and time-consuming. Often carers need to provide hours of hands-on, logistical, and emotional support to their loved ones every week with medical appointments, meals, laundry, shopping, washing, dressing, getting up and out, emotional support, finances... the list goes on.

Caring for someone can be very stressful and can affect your health, both physically and emotionally.