**Moatfield Carers Information 2020**

A **carer** is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they give is unpaid.

At Moatfield Surgery we keep a register of carers. If you are a carer please let a member of staff know and we can make a note of this on your record. This enables us to ensure that you are offered support and information that may be useful to you.

We have a noticeboard in the surgery with information for carers about local support groups and services for carers.

We have Care Coordinators at the surgery who want to ensure that you and the person you care for feel supported and have access to the services that are right for you. We would be happy to meet with you or speak to you on the telephone. Just ask at Reception and a message will be passed to us.

Organisations that provide services that may be useful to you include -

Carers UK - a national organisation providing expert information and advice. Their telephone advice line and web site can advise on Carers Allowance and other benefits, practical support etc. They also have an online forum, produce a range of fact sheets, have volunteers running local support groups and campaign to raise awareness of issues affecting carers, carers rights etc. <https://www.carersuk.org/>

West Sussex Carers Support - a West Sussex based organisation with a web site and telephone advice line, local monthly support groups for carers supporting those with a range of diagnoses, including Adults with Autism, Parent Carers, Carers of those with dementia, Young Carers, Drug and Alcohol dependency. They also run a carer learning and wellbeing programme, produce a quarterly newsletter, carry out Carers Assessments, provide a Carer Equipment service, offer a carer health and wellbeing fund, counselling, and relaxation and respite opportunities - <https://www.carerssupport.org.uk/> **Register with them to have full access to their free services.**

Carers Emergency Respite Service - many carers worry about what would happen to the person they care for in an emergency. For instance, the carer might be taken ill suddenly, have an accident or be called away for work urgently. What would happen then? Crossroads Care Emergency Respite Service is there to ensure free care in the home for up to 72 hours while more permanent/interim care arrangements are made. The Emergency Respite Service carers are highly trained, thus giving carers peace of mind. What is more the service is funded entirely by West Sussex County Council. <http://www.crossroadscare-sc.org/emergency-respite/> **Register with them to access this free service**. Crossroads Care also offer a range of paid for services, including home respite/’sitting’ service, the adult ‘out and about’ service and 2 weekends a year of dementia friendly short breaks for couples.

Carer’s Alert card - is a laminated card the size of a credit card. Carers register with Chichester Care Line who provide the card to the carer. The card identifies the person as a carer in the event of an accident and registration ensures that help is quickly available to the person that is cared for <http://www.chichestercareline.org.uk/index.cfm?articleid=18409>

Carers Health Team – a team of healthcare professionals dedicated to checking the carer’s health and helping them manage any healthcare issues that they may have <https://www.sussexcommunity.nhs.uk/services/servicedetails.htm?directoryID=22403>

British Red Cross Home From Hospital Service For Carers- a free service for carers recently discharged from hospital <https://www.redcross.org.uk/get-help/get-support-at-home>

Please let the Care Coordinators know if you would like more information and/or referrals to any of the above organisations.