

Carers support –

Looking after someone with support needs (adults)

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*Making
Carers Count*

charity registration number 1085491

www.carersinherts.org.uk

Today's session is about **support for you**, not just the person you care for.



Who cares?



A carer is anyone who gives unpaid support to someone who couldn't manage without them. They could be ill, disabled, frail or suffering from an addiction. The person you support can be an adult or a child. You could be a spouse, family, friend or neighbour, and might care full time, or for a few hours each week. Some carers do not live with the person they care for.



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Who cares?

Anyone can become a carer...

- 3 in 5 people will become a carer at some time in their life
- There are nearly 100,000 carers in Hertfordshire
- The value of unpaid care in Hertfordshire is £2 billion.



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“I wish someone had told me this at the time...”



- The Health and Social care system as well as the benefits system are complex to navigate. Paying for care is complex too.
- Ask for advice. There is help and information for you as a carer. You do not have to struggle on your own
- Get in touch with Carers in Hertfordshire and talk to one of our carer support advisors to find out what support is available to you in your specific situation. **01992 586969** or contact@carersinherts.org.uk
- FAQs: <https://www.carersinherts.org.uk/resources/your-questions-about-caring/>



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Getting support



1) You are entitled to ask for support for yourself through a **carers assessment**. This is provided by the local authority where the person with support needs lives

- Hertfordshire County Council -Adult Care Services: **0300 123 4042** or online*
- Hertfordshire Partnership Foundation Trust**: **0800 6444 101**

2) **Needs assessment** for person with support needs to discuss support; adaptation; aids and equipment.
Includes a financial assessment.



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Break and Respite



Having a break from caring is important. This is a conversation that will happen as part of a carer's assessment. Carers' needs for break and respite are personal: a couple of hours a week, a couple of days, a couple of weeks....

Funding for carers breaks can be available if carer meets eligibility criteria.

You can also purchase your own respite by contacting a care provider directly*



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Financial Support and Benefits

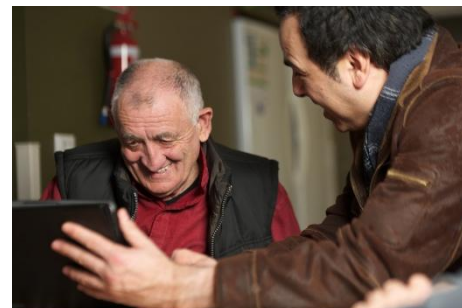


Key Benefits for Carers:

- **Carer's Allowance**
 - If you care 35+ hours per week (earn £204 or less)
 - The person you care for must receive certain benefits

Other Financial Help:

- Council tax reduction *
- Grants from charities
- Disability Facility Grants**
- Help with energy costs – Have you thought of registering with Priority Service Register?***
- Carers credits (protect your pension rights)****



Important: Benefits can affect each other—always seek advice before applying. **Ask for a benefits check**



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Employment and Learning



If you work:

- You have the right to request **flexible working**
- **Carer's Leave** * (unpaid) is available
- Some employers offer additional support

If you are studying:

- Speak to your University and find out what support they offer

Tip:

- Speak to your employer/Uni early
- Think carefully about making big decisions like giving up work/studying or moving in with the person with care needs



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Looking After Your Own Health



Caring can affect:

- Your physical health (fatigue, back problems)
- Your mental health (stress, anxiety, isolation)

Practical Ways to Look After Yourself:

- Register as a carer with your GP surgery and keep up with your own GP appointments
- Accept help when offered
- Take short regular breaks
- Talk to someone you trust

Remember:

Looking after yourself is not selfish—it helps you continue caring safely. It is important to notice when stress is building up or becomes unmanageable



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Emotional Wellbeing



Caring can bring up a wide range of emotions, i.e.:

- Guilt (“I should be doing more”)
- Frustration or anger
- Loneliness

You are not alone, many carers feel this way

What Helps:

- Peer support groups (online or in person) run by Carers in Hertfordshire
- Talking therapies
- Having a break from caring



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Having a life beyond caring



Caring should not mean losing your identity.

Important Areas to Maintain:

- Friendships and relationships
- Hobbies and interests
- Work or volunteering (if possible)

Ideas:

- Schedule “protected time” for yourself
- Use respite services (short breaks)
- Share caring responsibilities where possible



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Planning for the future



It's helpful to think ahead:

- **In Case of Emergency plan *** – what happens if you can't provide care?
- **Lasting Power of Attorney** – Appointeeship and Deputyship **
- **Wills and financial planning**
- **Housing**
- **Have honest conversations with friends and family**
- **When caring comes to an end *****



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Get in touch



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