

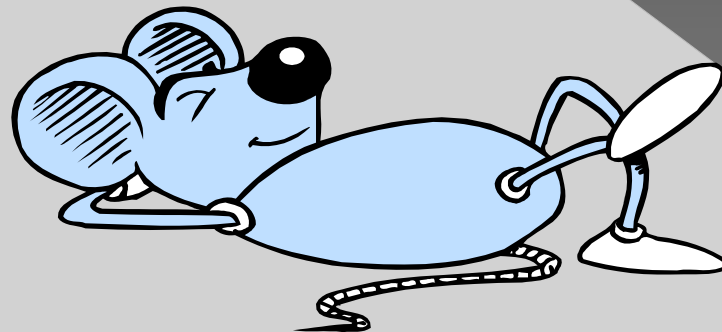
# Tips for Carers

Hints that may help make your life easier



# Remember you are Important!

- It is not being selfish to want time for yourself, even if it just means getting a good nights sleep!
- You need to take care of your emotional health as well as your physical health so you can look after your loved one.



# Carer's Assessment

- Make sure you have a Carer's Assessment so **your** needs are identified and met.
- Find out if you are eligible for the Carer's Direct Payments which provides an allowance of up to £300-00 per annum to enable you to carry out your role

# It's good to talk!

- ◉ It is vital to talk-just get things off your chest and you will feel better!
- ◉ Talk to someone outside the family who doesn't have an involvement in your caring situation, they can be more objective and it really helps to let off steam.



# Carers Groups

- Carers groups can be fantastic- you can get a chance to talk to others who understand what you are coping with and won't judge you-we hope!
- We can learn so much from each other and it helps to get our own problems into perspective.

# Dealing with authorities

- Have a pen and some paper ready by the phone when you make the call.
- Ask the full name of the person, do not be fobbed off with just a first name as there may be more than one person with that name so you know exactly who you spoke to.
- Make a note of the date and time of the call so you can quote it back to them if there is no response to your call and you have to call again.
- Make a note of the main points of what they say and ask them to repeat anything that is not clear- be clear as to what they are telling you!

# Asking for help

- It is OK to ask for help, as Carers we are not super human!
- We cannot be there for our loved one all the time even if they want us to but you have to say no sometimes and have some time for yourself-it's not being selfish, it's survival!!
- If family and friends offer help-accept it!!

# Benefits

- ◉ Do speak to someone at the Carer's support team to do a Benefits check so you are sure you are getting the benefits you are entitled to-it's your right not charity!
- ◉ Alternatively talk to the Benefits Helpline, the number is in the phone book and they will advise you as the appropriate benefit to claim.

# Council tax

- If you have someone who is living with you who is
  - Not your wife, husband, partner, civil partner or child under 18 who is entitled to
  - Higher rate attendance allowance
  - Highest care component of the Disability Living Allowance, or
  - An increase in disablement pension, or
  - An increase in in constant attendance allowance

# Discount continued

- Please be aware that you do not need to be in receipt of Carer's allowance to be classified as a carer to claim the Carers Discount on your council tax.
- You can find out more information by obtaining a leaflet from the Council Tax Department at the Civic centre and filling in the appropriate form to see if you qualify.

# Plan ahead

- None of us will live forever, be sure you have made a will that will ensure other siblings will get their fair share in the event of your death- a good company will set up trusts to ensure they are protected. Talk to national MENCAP who will recommend a specialist in the field in your area.
- If you don't the government can take everything to pay for their care and leave siblings with nothing!!!

# Leave clear instructions

- Talk to Social Services and plan what you wish to happen to the person you care for in the event of you having an accident, being taken ill or in the event of your death so you know they are going to be cared for according to your wishes.
- Talk to the person you care for about the plan so they know what to expect, if this is possible but if not let other family members know so they can make sure your wishes are carried out.

# In case of Fire



- ◉ You can contact the Fire brigade who will check your home, give you free advice and install smoke alarms free of charge.
- ◉ Plan an escape route for yourself and the person you care for in case of fire, practice it with them if possible and keep repeating it with them as a game so they know what to do in case of fire. It could save their lives and yours!

# Last slide!!



- Make sure you have some time for your self, even if it is only going for a walk or having the odd night out.
- Catch up with friends, do something you enjoy-remember you are **you**, a person in your own right and not just somebody's carer!!!

# Thank You

- ◉ To Margaret Bradshaw for her “Top tips”
- ◉ To Janet Wood and the Omega team for improving my handiwork