



Are you a carer?

Who is a carer?

Do you look after (or intend to look after) a friend or relative who is frail or has an illness or disability which means they can't manage at home without help? If so, you are a carer.

Carers may not live in the same house as the person they care for, they may be any age and they are not paid for caring, although they may be able to claim Carers Allowance.

Looking after someone can be very rewarding but it can also be worrying and very hard work. Many carers tell us that they tried to cope for too long because they didn't know what help was available.

We can give advice about a range of services and help for carers. As a carer you are entitled to a carers assessment.

Are you thinking of giving up work to care for someone?

If so, have you considered:

- asking your employer about flexible working, going part-time or reducing your hours?
- what benefits you may be entitled to (e.g. Carers Allowance)?

For more information about benefits visit www.gov.uk/browse/benefits. or see our Welfare Benefits Factsheet.

Does your GP know you are a carer?

All health centres and GP surgeries in Bournemouth and Poole have someone who can support carers. The person will be able to give you advice and information. Please tell your GP that you are a carer and ask to be put on their carers register.

Other factsheets that may be relevant

- Carers support
- Carers assessment
- Welfare Benefits

Contact details

If you would like to find out more about this service please telephone the Help Desk on 01202 633902 or email sshelpdesk@bcpcouncil.gov.uk.

For more information about services please go to www.mylifemycare.com.

To request or download a copy of this factsheet:

Tel. 01202 633902 / email sshelpdesk@bcpcouncil.gov.uk
or download at www.poole.gov.uk/adultsocialcarefactsheets



We can give you help to read or understand this information:



01202 633902



18001 01202 633902