

In West Lancashire there are around **10,000 people looking after someone else**. Many do not realise they are giving informal care to help another person manage day-to-day.

The person being cared for may be a partner, child, relative, friend or neighbour and need help due to **age, a long term illness, physical disability, addiction/substance misuse, mental health issues**.

Informal carers may not be next of kin but may help with some or all of these:

- **Practical household** tasks such as cooking, cleaning, washing up, ironing, paying bills and financial management.
- **Personal care** such as bathing, dressing, lifting, administering medication and collecting prescriptions.
- **Emotional support** such as listening, offering advice and friendship.

Becoming a carer can happen over night as well as over time. If you need information, help or support please read on....

The Care Act 2014

Source: Carers UK (Care Act 2014 Briefing, May 2014)

As a carer you are now legally entitled to have your needs assessed.

This Act makes clear that both adults (needs assessment) and carers (carers assessment) should be assessed on the appearance of need and regardless of what the local authority thinks is the level of their need and regardless of their financial resources.

The assessment must consider how the person's needs impact on their well-being and the outcomes that they wish to achieve in day-to-day life. The adult's needs assessment must focus on outcomes of the person and the authority must also consult the carer.

Adult Carers

As a carer, you are entitled to have your needs assessed through a **Carers Assessment**. This will identify areas of support that may be needed to enable you to continue caring. In Lancashire, you can apply for a **Personal Budget**; this is an annual grant for up to £300 that can be used to help you find some time for yourself. This could be used to contribute towards a more efficient washing machine, your own laptop, even sports or entertainment tickets. You would need a carers assessment completed before you can apply for this fund.

Carer Groups - If you are part of a group of carers, whether you are meeting formally for support or more informally as a social group, you can apply for a **Group Fund**. All of your group would need to be registered as carers with nCompass (see details below) before you can apply for this fund.

Peace of Mind for Carers Plans - An emergency care plan that provides up to 72 hours of care, paid for by Lancashire County Council. An emergency does not have to be for medical reasons, however it does not cover planned events.

Sitting-In-Service - This is a volunteer lead service giving up to 2 hours of sitting with the adult person you care for and should give you a break from your caring role.

nCompass can:

- ⇒ Provide **support** and **information**
- ⇒ Carry out **Carers Assessments** on behalf of the Adult Social Care team
- ⇒ Organise a **Peace of Mind for Carers Plan** (72 hours of FREE emergency care)
- ⇒ Arrange for a **Sitting In Service** - to give you a break.

**Call 01695 733737 for information
or 0345 688 7113 for support**

Parent Carers

If you **care for a disabled child under 18**, you can request a parent carers needs assessment. These are also known as Children Act assessments. To access the *Group Fund* and a *Peace of Mind for Carers Plan* you need to register with nCompass as a carer.

Carer Groups - If you are part of a group of carers, whether you are meeting for support or as a social group, you can apply for a **Group Fund**. All of your group would need to be registered as carers with nCompass (see details below) before you can apply for this fund.

Peace of Mind for Carers Plans - An emergency care plan that provides up to 72 hours of care, paid for by Lancashire County Council. An emergency does not have to be for medical reasons, however it does not cover planned events.

Lancashire Parent Carer Forum offers support throughout Lancashire for parents and carers of children and young people, up to the age of 25. They produce a quarterly **newsletter** called **FIND (Family Information Network Directory)** which gives details of local events, articles, services, useful websites such as **Lancashire's Local Offer**. This describes the support, services and guidance available to parents and carers of children and young people with special educational needs and disabilities (SEND), with or without an Education, Health and Care plan (EHC) or Statement of SEN.

Local Support:

- ⇒ **West Lancashire Parent Carer Forums**
Liaison Officer: Sue Gaskell 07584 217661
- ⇒ **SEND West Lancs local office 01772 532509**
- ⇒ **www.lancashire.gov.uk** - search for....
- * **SEND (Information Advice and Support Service)**
- * **Family Information Network Directory (FIND)** to sign up for their newsletter

Young Carers

Barnardo's: 01772 641002

Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol.

Their day to day responsibilities often include:

- Cooking, cleaning, shopping
- providing nursing and personal care
- giving emotional support.

With so many adult responsibilities, **young carers often miss out on opportunities that other children have to play and learn**. Many struggle educationally and are often bullied for being 'different'.

They can become isolated, with no relief from the pressures at home, and no chance to enjoy a normal childhood. They are often afraid to ask for help as they fear letting the family down or being taken into care.

In West Lancashire Barnardo's work to support young carers (5 - 17 year olds) and their families in a variety of ways:

- Helping the family to find the support they need, and are entitled to, from local services, so that a child's caring responsibilities can be reduced.
- Supporting young carers to use local services such as sports clubs, support groups, and health centres.
- Providing advice and emotional support through counselling and drop-in sessions
- Providing opportunities for young carers to take a break from their caring responsibilities, spend time with other young carers and share experiences
- Providing opportunities for young carers to learn more about their parent's illness or disability.

Believe in children
 **Barnardo's**



Things you can do.....

- ✓ Contact **Carers Support - West Lancashire** to find out more about local support and services for carers. Call **01695 733737** (ask for Yvonne or Sarah) or email **carers@wlcvs.org**
- ✓ **Inform your GP that you are a carer**. This will ensure you are included in the **Free Flu vaccinations** every year and, if you are eligible, a regular **Health Check**.
- ✓ **Register with Carers services** to have a Carers Assessment, set up an emergency care plan with up to 72 hours of free care or to find out more about the volunteer lead Sitting In Service. Call **0345 688 7113**
- ✓ **Find out about local carers support groups or social activities** in your area to help reduce feelings of isolation. Search the Community Links Directory at **www.communitywestlancs.org**
- ✓ **If you are a Parent Carer**, contact the local authority and request a **parent carers needs assessment** and sign up for the **FIND newsletter** by either contacting your local team on **01772 532509** or online at **www.lancashire.gov.uk** and search for **Family Information Network Directory**
- ✓ **Think about financial support that you may be entitled to:**
 - Carer's Allowance
 - Personal Independence Payments (PIP) - if you are 16 - 64
 - Attendance Allowance - if you are over 64
 - Disability Living Allowance (for most this has been replaced by PIP or Attendance Allowance)
 - Benefits checks can be done through:
 - Disability Advice West Lancs - www.dawl.org.uk
 - Carers UK Adviceline 0808 808 777
 - Citizens Advice Bureau 0344 245 1294
 - Welfare Rights Service 0300 1236739
 - www.turn2us.org.uk
 - www.ageuk.org.uk
 - www.gov.uk

Do you look after someone?

Family, a child with special needs, a friend or neighbour?

Do they rely on you to manage day-to-day?

Do you help them with any of the following *without* being paid?

- ⇒ Washing, dressing, lifting or giving medication
- ⇒ Shopping, collecting prescriptions, cleaning or other practical tasks
- ⇒ Organising their bills to be paid
- ⇒ Offering advice and friendship

Do you need information about managing your caring role?

Would you like some support?



NHS

West Lancashire
Clinical Commissioning Group