Do you look after someone?

Carers are people who provide unpaid support to a partner, family member, friend or neighbour who may be ill or disabled and could not manage without this help.

This can range from helping with the weekly shop to providing full time, personal care. Being a carer is rewarding, but it may also be very hard work. Caring can be stressful and it is important to think about your own mental and physical health and emotional wellbeing, as well as the person you are caring for.

Support is available for anyone who cares for someone else whether you call yourself a ‘carer’ or not. This support can help make the caring role easier and it can free up more time for you to take care of yourself.

Many people find it helpful to use their wider friends and family network to support them in their caring role. There is lots of other support available to carers locally.
**Caring Together** works with Cambridgeshire County Council and Peterborough City Council to provide support and advice that matters to you as a carer. Find out more at: [www.caringtogether.org](http://www.caringtogether.org)
Telephone: 0345 241 0954
Email: hello@caringtogether.org

**Family Carers Prescription** gives carers of any age, including young carers, access to a specialist worker at Caring Together who will help you make a plan to support your needs. This means you can have help with your own physical or mental health (which could include a break), as well as support to make it easier for you to attend your own medical appointments. Find out more at: [www.caringtogether.org/fcp](http://www.caringtogether.org/fcp)

**Making Space** offers support and advice to carers of adults (18-65) when the cared for person has mental ill health.
Find out more at: [www.makingspace.co.uk](http://www.makingspace.co.uk)

Carers can find lots more community services and support by searching the council directories.

**Cambridgeshire Online Directory**
[www.cambridgeshire.gov.uk/cambridgeshireonline-directory](http://www.cambridgeshire.gov.uk/cambridgeshireonline-directory)

**Peterborough Information Network**
[www.peterborough.gov.uk/PIN](http://www.peterborough.gov.uk/PIN)
What if something happens to you?

If you are unable to look after the person you care for there is support available. Emergency support can be provided to the person you care for, in the event of you being unable to care because of a sudden illness, accident or other unplanned event. In both Cambridgeshire and Peterborough you can register for the What If? Service. The service operates 24 hours a day, 7 days a week, every day of the year. You can access the service through Caring Together.

If you need a bit more help

If you need support to continue in your caring role beyond that offered by local organisations and voluntary groups, you may be able to get some support from the council. As well as information and advice to support your caring responsibilities, and support to help you look after your own wellbeing, the council may also do a more in-depth carer’s assessment to understand what is important to you and what your needs are.

This will focus on you and the outcomes you want to achieve to help maintain your wellbeing. Carers assessments are available even if the person you care for does not get any help from the council.

You can prepare for this conversation by asking yourself the following questions:

• What do I want to achieve?
• If I can achieve this, what difference would it make to my life?
• What support do I have in place already?

You can ask for a Carers Assessment by contacting the council:

**Cambridgeshire County Council**
Telephone: 0345 045 5202. Email: careinfo@cambridgeshire.gov.uk

**Peterborough City Council**
Telephone: 01733 747474. Email: adultsocialcare@peterborough.gov.uk