

# BINSCOMBE MEDICAL CENTRE

## *“Do you look after someone?”*

Carers UK estimate that there are around 6.5 million carers in the UK, meaning carers represent 10% of the UK population. This includes around 700,000 young carers (aged 17 or below).

### ***Did you know?***

That 1.2 million carers spend over 50 hours caring for others, this equates to a full time workforce larger than the entire NHS. Carers are estimated to save the UK economy £119 billion a year in care costs, more than the entire NHS budget and equivalent to £18,473 per year for every carer in the UK.

### ***What is a carer?***

A carer is a person of any age (including children) who provides unpaid support to a partner, relative, friend or neighbor who couldn't cope without their help. This could be due to old age, frailty, disability, a serious health condition, mental ill health or substance misuse. Parents of children who are disabled or who have a serious health condition are also considered to be carers.

### ***We want to ensure:***

- We recognise you as a carer
- We share information with you and other professionals with your consent
- We signpost information for you and help link professionals together
- We support that care is flexible and available when it suits you and the person for whom you care
- We recognise that you may need help both your caring role and in maintaining your own health and well-being
- We respect and involve and treat you as expert in care
- We want to treat you with dignity and compassion



# BINSCOMBE MEDICAL CENTRE

## *Young Carers*

Young carers are any children and young adults performing an informal caring arrangement for a family member. They may well be 'hidden', unpaid and under the age of sixteen. It is estimated that up to one in five secondary school pupils provides some level of care for a parent or sibling (NHSE June 2019).

### **What might a young carer do?**

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

**#CareForMeToo! (Young Carers awareness day 31.1.2019)**

Across the UK today 7 million people are carers (carers trust 2019) meaning carers represent 10% of the UK population. This includes around 700,000 young carers (aged 17 or below).



# CARERS INFORMATION PACK

## *Local and National Help*

### **Local help**

**Action for carers** is Guildford based and they have resources and links to support you. Offering free independent advice and support for all age carers from 5 yrs and upwards. For advice and support for adult carers please telephone **0303 040 1234** or email: [CarerSupport@actionforcarers.org.uk](mailto:CarerSupport@actionforcarers.org.uk)

**For advice and support for young carers** please telephone **01483 568269** or email: [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

They will send out a comprehensive carers pack upon registration which offers many free services including:

- Carers emergency card
- Moving and handling solutions
- Support groups, face to face or via telephone
- Advocacy and information on your rights
- Training events
- Guide to carers support in whole of Surrey
- Benefits advice

**Crossroads Care Surrey** is a flexible care relief service for carers looking after relatives or friends . Please telephone **01372 869970** or visit the website: [www.crossroadcaresurrey.org.uk](http://www.crossroadcaresurrey.org.uk)

Care needs assessment direct from the council please telephone **0300 200 1005** or visit the website: [www.surrycc.gov.uk/adultsocialcare](http://www.surrycc.gov.uk/adultsocialcare). Additional Local organisations can be found by visiting the website: [www.surreyinformationpoint](http://www.surreyinformationpoint)

### **National Help**

<https://www.carersuk.org/about-us>

<https://carers.org/>

[0117 965 2200](tel:01179652200)

