



Department
of Health



Support for carers



EasyRead version





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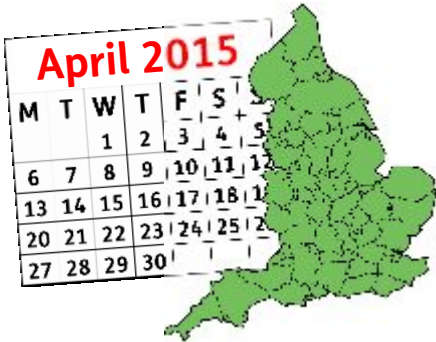
6.



Support for carers



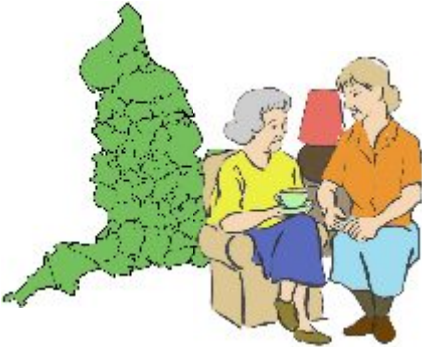
Care and support is changing and is getting better.



The changes will happen from April 2015 all over England.



They are part of the new Care Act.



These changes will help make sure everyone gets the care and support they need wherever they live.





Care and support means help with things like:

- washing



- dressing



- eating



- getting out and about



- keeping in touch with friends or family.



These changes could help you if you support someone as a carer.



Support for you as a carer



In England millions of us care for or support an adult family member or friend unpaid. You might care for the person in their own home or somewhere else.



Caring means lots of different things, including taking people who need care and support to appointments or being with them if they are worried or frightened.



The changes mean you may be able to get help so you can carry on caring and keep well.



The right help at the right time



You may be able to get help like:



- someone to take over caring when you need a short break



- information about local support groups so you have people to talk to



- a **direct payment** (money to spend on the things that make caring easier).



A **direct payment** means the council pays you the money it would spend on your care so you can choose how to spend it.





The council of the person you care for can help you find the right support.



You can ask them for a **carer's assessment**.





Finding out what support you need



A **carer's assessment** can help you decide what help and support you need.



The assessment will look at:

- how caring affects you
- how you can carry on doing the things that are important to you and your family.



The council will think about all your different needs.



These needs may be:

- physical





- mental



- emotional.



After the assessment the council might say they can give you support. The council can also offer you advice to help with caring.



You can have a carer's assessment even if the person you care for does not get any help from the council. The person you care for will not need an assessment.





To find out more about care and support in England and how the changes might help you, please contact your local council.





Credits

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