



somerset
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CARERS CHECKLIST

**QUICK REFERENCE GUIDE FOR
CARERS IN SOMERSET ON
KEY ISSUES.**



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SOMERSET CARERS BOUGHT TO YOU BY CCS – THE COMMUNITY COUNCIL FOR SOMERSET

Somerset Carers is commissioned by Somerset County Council and NHS Somerset to deliver support to unpaid Carers.

We do this through our army of Village and Community Agents. Anyone over 18 that looks after someone in an unpaid caring capacity can receive support from Somerset Carers for free.

You can refer yourself or, with permission, you can refer another person to Somerset Carers by calling 0800 31 68 600.

You could be looking after a loved one, friend, partner, parent or child (it doesn't matter if they are under or over 18) on a regular or irregular basis.

ONE FAMILY: ONE AGENT



CCS
people • place • enterprise

In Partnership with:



NHS
Somerset
NHS Foundation Trust

SPARK
SOMERSET
INSPIRING COMMUNITIES

NHS
Somerset
Clinical Commissioning Group



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SOMERSET CARERS CO-ORDINATOR:

Emma McGarva, Carers Service Coordinator

Email:

emmam@somersetccc.org.uk

Carers Helpline or register with us:

0800 31 68 600

carers@somersetccc.org.uk

Visit our websites

For information about our projects:

Somerset Carers - a resource for Unpaid Carers

www.somersetcarers.org

Community Council for Somerset

www.ccslovesomerset.org

Village & Community Agent dedicated website

www.somersetagents.org

**Order your FREE copy of *If Only I'd Known That* - a book written by a Carer for Carers, or our service flyer. Email carers@somersetccc.org.uk
You can also [DOWNLOAD HERE](#)**





CHECKLIST FOR CARERS

- Get a Carers assessment from your local council's Adult Social Care team. Call 0300 123 2224 ([see page 8 for full details](#)).
- Register as a Carer with your GP ([see page 6 for details](#)).
- Don't know who to turn to for advice? Register with us - Somerset Carers - we work closely with ASC and your GP on your behalf - call 0800 31 68 600 or register online: <https://somerseccarers.org/register/>
- Take a break from caring - make time for yourself and your interests as often as you can ([see page 12/13 for details](#)).
- Tell your employer about your caring responsibilities and maybe think about asking for flexible working.
- Apply for Carers Allowance ([see page 7 for details](#)).
- Use Gov.UK's benefits calculator to check if there are any other benefits you could be claiming ([see page 10 for details](#)).
- Make sure your cared for has a care needs assessment from the local council's Adult Social Care Team ([see page 8 for details](#)).
- Consider if any home adaptations would make their life easier. Speak to us about who to contact. [For extra help at home see page 9](#).
- It may be useful to think about future care needs, their preferences, powers of attorney and whether yours and their will is up to date ([see page 14 for details](#)).
- Have you completed the 'Emergency Information' form?
[Print off and complete page 15](#).
- Have you got the Carers Emergency Card to keep in your wallet?
[Call 0800 31 68 600 to have a couple posted out to you](#).



WHY SHOULD I REGISTER AS A CARER?

You can get help and support if you're responsible for looking after someone who has a disability, an older person who has become ill or struggling to live independently.

This can range from practical help to make day-to-day life easier, to benefits like Carer's Allowance.

Your GP can support you with any physical health issues related to your caring role, like tiredness, make you aware of the carer's flu jab each year and talk to you about your mental health and the impact of your caring role, but they can also connect you to carer specific services.





IF I CARE FOR SOMEONE, WHAT BENEFITS MIGHT I BE ENTITLED TO?

Carers Allowance is the main benefit available for Carers. If you are looking after a person who has an illness or a disability for 35 hours a week or more, you may be eligible.

An unpaid Carer could get £69.70 a week if you care for someone at least 35 hours a week and the person you care for gets certain benefits.

For the cared for:

To find out more about the benefits the person may be entitled to if they are disabled:

www.gov.uk/browse/benefits/disability_

Attendance Allowance helps with extra costs if a person has a disability severe enough that they need someone to help look after them:

www.gov.uk/attendance-allowance

For the Carer:

To apply online or to download a claim form:

www.gov.uk/carers-allowance/how-to-claim

www.gov.uk/browse/benefits/help-for-carers

Call the Carers Allowance Unit- on 0800 731 0297 to request a claim pack DS700 (or DS700(SP) if you are getting a State Pension).

GOV.UK is the most comprehensive and up-to-date site for HM Government services.

Help and advice:

www.carersuk.org/help-and-advice/financial-support/help-with-benefits/carers-allowance



WHAT IS A CARERS' ASSESSMENT AND HOW DO I GET ONE?

A Carers' assessment is 'an assessment of the needs of a Carer, not your ability to care'.

Carers can choose to have an assessment in their own right, or jointly with the person they care for.

The assessment is carried out by a Social Care Worker from the County Council. It allows Carers to talk about their needs and the things that could make caring easier.

After the Carers assessment, the Social Care Worker may be able to give advice and information.

If you are eligible the Council may be able to pay for some of the things you need.

You can also ask for a Carers' assessment by phoning [0300 123 2224](tel:03001232224).





I NEED SOME HELP CARING FOR MY LOVED ONE - WHERE DO I START?

Somerset Carers work closely with Micro-providers all over Somerset and can help the Carer find the perfect person to meet their needs.

Micro-Providers provide essential support for Carers, be it respite or more bespoke services. It is a service that you pay for.

Your local Village Agent, as part of Somerset Carers, will have knowledge of local Micro-Providers, to help match you with a suitable person.

Full information on Micro-Providers can be found here:

www.somerset.gov.uk/social-care-and-health/somerset-micro-enterprise-project/

Complete the form found on the link below to find a Micro-Providers in Somerset:

<https://somersetcarers.org/micro-providers/>





WHAT GRANTS AND SCHEMES ARE AVAILABLE TO HELP ME?

Throughout the UK there are thousands of grants and schemes available to help people in need.

They can help with:

- replacing essential white goods
- helping with disability equipment or day to day living costs that cannot be met by government benefits
- home repairs and costs relating to childcare (e.g. school uniforms)

Each grant and scheme will have its own award criteria.

Most charities will judge applications on a case-by-case basis so do not be afraid of something that seems unusual.

Grants can be awarded for a wide variety of circumstances to help those in need.

There may also be an entitlement to discounts on the following:

- TV Licence
- Council Tax
- Fuel Costs (cold weather payments/warm home payments & in Somerset - Surviving Winter Grants - your Village Agent is the Surviving Winter broker)
- Help with Fuel Costs - www.ofgem.gov.uk/information-consumers/energy-advice-households/find-schemes-grants-and-benefits-help-home-energy
- Surviving Winter Payment www.somersetagents.org/surviving-winter-grants/

Where can I find out more?

www.carersuk.org/help-and-advice/get-resources/upfront/80-help-advice/financial-support/help-with-health-costs



THE PERSON I CARE FOR RELIES ON POWER FOR THEIR MEDICAL EQUIPMENT, WHAT HAPPENS IN A POWER CUT OR LOSS OF UTILITIES?

The Priority Service Register (PSR) provides extra help and additional support during a power cut for elderly, very ill or disabled people, or those who rely on power for medical equipment.

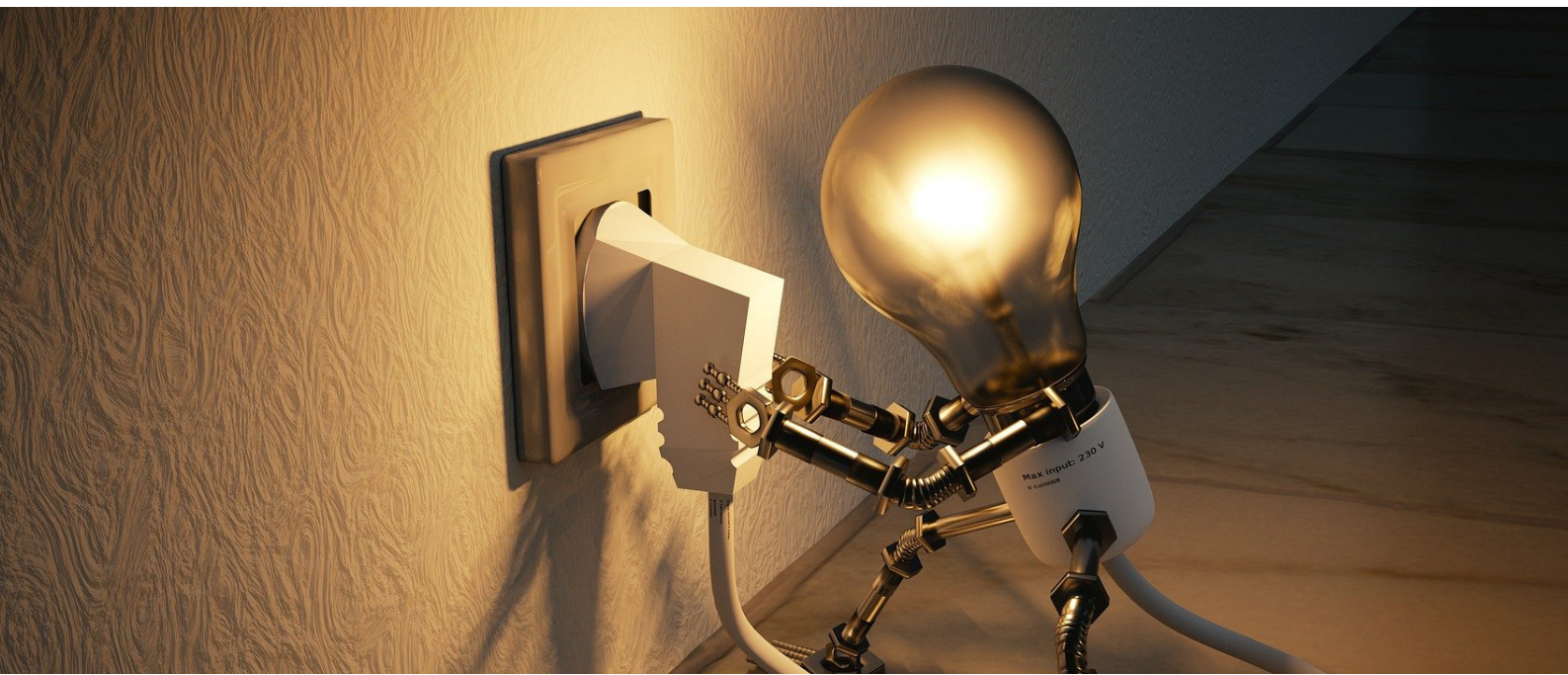
All energy companies, including gas and electricity companies, and network suppliers who deliver the power, work together to care for customers who need some extra help and support. Here are some local links to register:

Wessex Water:

www.wessexwater.co.uk/help-and-advice/priority-services

Western Power - it doesn't matter who your supplier is:

www.westernpower.co.uk/customers-and-community/priority-services





I NEED A BREAK!

Short breaks give Carers, and the people they care for, the opportunity to have a break and ‘recharge their batteries’ (these breaks used to be known as ‘respite care’).

A short break allows the Carer to take a break whilst the person they care for is still looked after. There are several ways for this to happen.

Micro-providers could offer an increased package of home care support, which may include temporary night care or a short break in a care home.

www.choices.somerset.gov.uk/025/social-care/carers/short-breaks-for-carers/





I DON'T THINK I CAN COPE AT THE MOMENT

You may feel that you are at a point in your caring role that you simply can't cope at a certain moment in time and that you need additional support through a critical situation. You might be completely exhausted, or feeling afraid and overwhelmed if the person you care for's health deteriorates or condition changes.

Help is at hand. Weekdays, your Village Agent may be able to help.

Call **0800 31 68 600**.

There is also a Carers in Crisis helpline with Adult Social Care.

To arrange this service, or to ask for an assessment, Carers should contact either their social worker, their Carers support worker, their local community nursing team directly, or call Somerset Direct on **0300 123 22 24**.

The help for Carers in Crisis service is available between 8.30am and 6pm, Monday to Friday.

Outside office hours, the emergency contact number is: **0300 123 23 27**.





WHAT IS A THIRD-PARTY MANDATE AND LASTING POWER OF ATTORNEY?

If the person for whom they are caring is having difficulty with banking, suggest that they may wish to talk to the bank and set up a third-party mandate so that the Carer can help them and talk to the bank about their account.

The person for whom they are caring can also request a similar mandate with their GP for you so that they can talk to the Primary Care Team on their behalf if required.

Carers can organise Lasting Power of Attorney (LPA) for both Health and Welfare and Financial.

It is essential that these are completed whilst the person for whom they are caring is still able to understand and give consent. It takes about 12 weeks for the LPA to be registered, from when submitted. It does not have to be put in place until the person can no longer manage things themselves.

You can complete the forms online or by using a solicitor:

www.gov.uk/government/publications/make-a-lasting-power-of-attorney

Citizens Advice (CAB) or Age UK can also help in completing these forms (see page 16 for contacts).





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Emergency Information Form for Carers

Just in case something happens to you, have this form completed for peace of mind.

- Attach a copy of this sheet to GP notes for the Carer and cared for.
- Position it on or near the fridge or phone for others, such as friends, family, microproviders or paramedics.
- If you have one, attach a copy to your medical care plan.
- Phone the duty team at Somerset Direct on 0300 123 2224 if you know that there is a time period that you won't be able to continue in your caring role, such as for a planned medical procedure, to reach and ask for temporary emergency respite.
- If you are at all concerned about what to do if you as a Carer are not going to be able to care for the person you look after, please call Somerset Carers on 0800 31 68 600.

Name of cared for: _____

Name and contact details of main Carer _____

Keysafe code or key holder _____

Name and contact details of available family members _____

Diagnosis / condition requiring care _____

Medication and times of day / dosage _____

Care usually provided by the Carer (eg wash dress in the morning) _____

Notes for interim Carer (eg cared for's particular likes and dislikes, routines or needs, allergies, warnings) _____

Doctor's surgery _____

Care usually provided by others (eg list of care agencies / care provided by Carer / day care at a care home) _____

Carers preferences in an emergency (eg preferred care home or provider) _____

Correct as written on (date) _____



QUICK REFERENCE USEFUL WEBSITES AND CONTACT NUMBERS

	WEBSITE	TELEPHONE
SOMERSET CARERS WEBSITE	www.somersetcarers.org Visit the Carers Hub for a huge directory of local support and resources, searchable by condition.	0800 31 68 600
SPARK CARERS GROUPS	https://somersetcarers.org/carers-groups/ Email: cath.holloway@spark.somerset.org.uk	Cath Holloway 07951 944420
CARERS UK	www.carersuk.org	020 7378 4999
CITIZENS ADVICE	www.citizensadvice.org.uk/family/looking-after-people/carers-help-and-support/	03444 111 444
NHS	www.nhs.uk/conditions/social-care-and-support-guide/practical-tips-if-you-care-for-someone/	111
SOMERSET DIRECT	www.somerset.gov.uk/social-care-and-health/ For Adult Social Care, Carers Assessments and Blue Badge Scheme - blue-badge@somerset.gov.uk	0300 123 2224
SOMERSET NHS FOUNDATION TRUST	www.somersetft.nhs.uk/carers-service-and-triangle-of-care/ Support to unpaid carers and family members who look after people with mental health problems	01749 836 606
CARERS TRUST	https://carers.org/	0300 772 9600
AGE UK	www.ageuk.org.uk	0800 88 22 00