

## Local Services contact details:-

Here are some local organisations who could talk to you about being a carer.

Doncaster Carers Service, Unit 1, Ten Pound Walk, Doncaster.

Help line 01302 812827 (Mon to Fri 9am to 5pm) 07918 746464 (Sat 9am to midday)

They run the local Carers Emergency Card Scheme. Please speak to them directly for details.

- Doncaster Partnership for Carers, 2, Regent Terrace, South Parade, Doncaster, DN1 2EE.  
Telephone 01302 637566
- Doncaster Young Carers Service,  
Starting Well – Doncaster Council, Civic Building, Waterdale, Doncaster, DN1 3BU.  
Telephone 01302 736099 or email [young.carers@doncaster.gov.uk](mailto:young.carers@doncaster.gov.uk)

You might also find it useful to look at Your Life Doncaster

[www.yourlifedoncaster.co.uk/s4s/WhereILive/Council?pageId=3066](http://www.yourlifedoncaster.co.uk/s4s/WhereILive/Council?pageId=3066)

Find information and advice, search for local groups and activities for support and buy products and services to help you maintain your independence.

Doncaster Carer Service  
Tel: 01302 812827  
Email: [cmf@ageukdoncaster.org.uk](mailto:cmf@ageukdoncaster.org.uk)  
Address: 109 Thorne Road  
Doncaster  
DN2 5BE

[Carersuk.org/localsupport](http://Carersuk.org/localsupport)

Bacup for Carers – 01302 637566

# WEST END CLINIC

## CARERS INFORMATION



**Do you look  
after someone ?**

**Information and support for carers**

## West End Clinic Support

Here at West End Clinic we want to support all of our patients who regularly care for a family member, friend or neighbour.

We have a Carers Champion Beverley Anthony who is one of our Care Navigators. Beverley will be happy to have a chat with you if you think you are a carer, or if you are not sure.

We offer our carers an annual health MOT and a Flu vaccine to help to support you to stay well

## Are You A Carer?

Every day many people become carers, looking after family or friends who are older, disabled or seriously ill. Is this you? You don't have to be paid or be in receipt of Carer's Allowance to be a carer.

Whether you're caring around the clock or balancing caring for someone with work and family life, it can be exhausting.

Caring for someone can be extremely complicated. Whether we're grappling with the benefits system or considering how to pay for care, each strand is confusing but when all the strands are tangled, it can feel bewildering.



Any carer who feels they might benefit from support can ask for an assessment. If you feel you would benefit from this you should speak to the social worker dealing with the person you care for if they have one. Otherwise you should telephone the Adult Contact Team on 01302 737391 or by email [adultcontactteam@doncaster.gov.uk](mailto:adultcontactteam@doncaster.gov.uk)

The assessment should identify any help needed to maintain your own wellbeing. If you are offered an assessment it is ok to say 'no thanks'. It is also ok to change your mind later if it is offered again or you could ask for one in the future.

An assessment gives you the opportunity to find out if there is any help available now and to make some plans for the future. It will help you to get any support you need to stay in work or education or to let you also look after any children you may have.

Find out more at [carersuk.org/carersassessment](http://carersuk.org/carersassessment)

If you need help with looking for care providers you can:-

- Contact the local authority and ask for a list of approved care providers.
- Go to the CQC website:- [cqc.org.uk](http://cqc.org.uk)
- Search on Which

[Which.co.uk/elderly-care/care-services-directory](http://Which.co.uk/elderly-care/care-services-directory)

## **Managing someone's affairs**

Even if the person you are looking after is able to manage their own affairs now they may not be able to do this in the future. Think about how you might manage this in the future, you may need advice. You can find out more about this at:- [Carersuk.org/managing-someone's-affairs](http://Carersuk.org/managing-someone's-affairs)

## **Looking after our own health and wellbeing**

As a carer you need to take regular breaks, get plenty of sleep and eat properly. You will also need to remember in the longer-term especially if you are a younger carer you will need time to build relationships, pursue hobbies and develop a career.

Caring involves us putting our own needs aside but it is important that you look after yourself too. You need to be as well as possible to enable your role as carer to be sustainable.

Stress can be a sign that things are becoming too much to deal with.

Sometimes the pressure can become too intense leaving you feeling unable to cope. This is when talking about things can be helpful. (See the last page of this booklet for telephone numbers of people who can help).

## Making difficult decisions

There will be times when you are faced with particularly emotional or difficult decisions. Sometimes this may be a decision that you have thought about for a while, but there will be completely unexpected decisions that need to be made which can leave you feeling out of control.

## Relationships



Caring for others can have a profound effect on relationships. It can also affect the financial and emotional parts of a relationship.

Talking to partners or relatives about what matters to you in your caring role can make a difference to them understanding what is happening.

## Adapting to changing circumstances

When you are looking after someone who is either recovering or whose condition is deteriorating this may require some change in circumstances for you.

Sometimes it will be easier to think about the practical side of caring rather than the administration part of the caring process.

This may be thinking about paid carer support in the person's home or thinking about the person requiring 24 hour care in a care home. Change is not an easy thing and can make a big difference to your life.

Sometimes laughing can help relieve stress when facing a silly situation. Or there will be times that you may need help finding something to laugh about. Sharing your experience with other carers is often a great help and there are associations that can help with this. (see the back page for numbers and associations that can help)

## Coping with feelings

When you are looking after someone, it's important to accept that you may go through a variety of feelings and that this is because you care.

Talking to people who understand what you are going through and how you feel can help you handle things easier.

Caring for someone will often involve dealing with professionals and this can be difficult if you think they are not explaining things properly or maybe even not doing what you think they should do.

Take a note pad and pen and write points down that you want to remember and before an appointment, write your questions down so that you don't forget once you're there.

Ask the professional to explain anything that you don't understand.

Conversations with professionals can be easier than dealing with family and friends. You may have to ask a sibling to be more supportive, or speak with a parent who doesn't accept that they can't live independently any longer.

Talking to a professional about this can make things easier.