

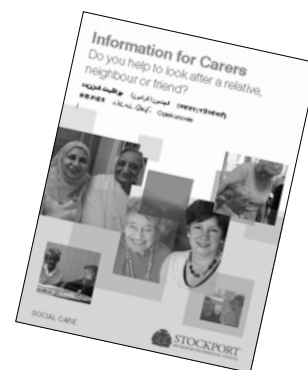
# The Carers Checklist

**Do you look after a relative, neighbour  
or friend who needs  
support to live at home?**

**Then you are a carer!**

This checklist aims to give you an insight into some of the issues surrounding your role as a carer and provides information about services that may be available to you in Stockport. The contact details for local organisations and national websites are listed on the back pages.

**Have you got a copy of the  
'Information for Carers' leaflet?  
If not then get in touch now!**



## Carers assessment

- ◆ Under current legislation, some people are eligible for a Carers Assessment from their local authority's Adult Social Care services. To be eligible for a Carers Assessment, you must be providing regular and substantial unpaid support to a relative, friend or neighbour etc who cannot manage without your help, and who is eligible for support from Adult Social Care services. In Stockport, the needs of the person you care for must be considered to be critical or substantial for them to get help. This will be decided during their assessment.

As an eligible carer you have a right to:

- Be informed about your right to a separate assessment of your own needs when decisions are being made about support that may be offered to the person you care for
  - Have your need for any education, training, work or leisure activity considered at the same time as their assessment.
- ◆ To find out more about Carer's Assessment contact Adult Social Care at the **Stockport Direct Contact Centre**, or the Mental Health Access Team if the person you care for has mental health problems. Or visit [www.direct.gov.uk](http://www.direct.gov.uk) and search for 'Caring for Someone' to find general information on assessments and things to think about before an assessment.

If you are already in touch with local health or social care services, contact them first for information and advice that is specific to you. Otherwise, contact any of the organisations highlighted about any of the issues set out below. Even if you are not eligible for support from Adult Social Care services, most of the services in this checklist are available to all carers.

## Specialist services

The following help is available in addition to looking through this checklist:

- ◆ **Young Carers between 6 and 18 years old**

If you are a young carer, or know any who need information, advice or support, contact **Signpost Young Carers Service**.

- ◆ **Carers aged 50+**

Carers of any age can contact **Signpost** but if you are a carer aged 50+, or know any who need information, advice or support, you can also contact **Age UK Stockport**.

## Emotional support

For information about local carers groups, counselling for carers and general advice or guidance contact **Signpost, Stockport Care Schemes** or any of the organisations or individuals highlighted.

**Making Space** offer family support and help with carers assessments for carers of people with severe mental health problems. Support can be emotional or practical



## Time off

You may wish to take up a leisure activity with the person you care for. A Leisure Key card enables people on low incomes to get discounts on a whole range of local leisure, arts and heritage facilities. A leaflet explaining the Leisure Key, which includes an application form, is available in libraries and **Stockport Direct Local Centres**, or visit [www.stockport.gov.uk/leisurekey](http://www.stockport.gov.uk/leisurekey)

- ◆ Alternatively, you can check out the range of activities available locally in the Carers Activity Booklet, which can be found on [www.stockport.gov.uk](http://www.stockport.gov.uk)
- ◆ Or maybe take up a training course to update your skills, or for leisure or relaxation. Phone the Carers' Training Coordinator in **Stockport Council's Staff Development Team** on 07527 387374.
- ◆ You may like a break on your own, perhaps by arranging for someone else to be with the person you care for, either in their home or by arranging alternative care or activities for them. A sitting service may be provided by either **Stockport & Trafford Crossroads, Age UK Stockport** for older people, a private home care agency or another voluntary organisation. Contact **Signpost, Stockport Care Schemes** or any of the organisations highlighted for more information. For people aged 50 years and over, **Age UK's Take a Break Service** provides care for the 'cared for' person so you can have a break.
- ◆ As a carer, you may be able to get financial assistance from the **Carers Breaks Service** towards the cost of having a break. This could include educational courses, community leisure interests, hobby courses or gym membership. Contact the **Carers Breaks Service** for more information.

## Help with transport

- ◆ **Ring and Ride** offers door-to-door accessible transport for people who have mobility problems. You will need to register for this.
- ◆ **Easy-Go CT** is available for wheelchair accessible travel service for people who, by reason of age, sensory or physical disabilities cannot use public transport. Can also be used for longer distances or holiday travel.
- ◆ Many voluntary organisations provide transport for hospital or other appointments. Contact **Signpost, Stockport Care Schemes** or the specialist organisation that knows about your condition.
- ◆ The person you care for may be eligible for travel vouchers which may be used for taxis or with accessible bus services. Leaflet and application form available from **Signpost**.
- ◆ The **Concessionary Travel Pass** is available for older people of pensionable age. This means that you can travel for free on buses, trains and Metrolink trams in Greater Manchester between 9.30am and midnight Monday to Friday, all day at weekends and bank holidays.

## Financial issues

- ◆ The person you care for may be entitled to some benefits, for example Attendance Allowance, Disability Living Allowance, Incapacity Benefit, Housing benefit, Council Tax benefit.
- ◆ You may be entitled to some benefits for example Carers Allowance, Income Support or Pension Credit.
- ◆ You may need advice on all aspects of how caring may affect your finances such as changes in employment or giving up work to care.
- ◆ If you have had a period of not working or reduced working, the new Carers Credit is a National Insurance credit which will help you to build up qualifying years for the basic State Pension and additional State Pension.

Contact **Stockport Council's Welfare Rights Service, Citizens Advice Bureau (CAB), the Pension Service or Signpost.** Or visit **[www.carerscentre.com](http://www.carerscentre.com)** the new online resource for unpaid carers to share and receive benefits advice.

## Paying for support from Adult Social Care services

- ◆ If the person you care for is eligible for help from Adult Social Care services, there will be a charge. The amount they pay depends on their financial situation. Contact the Adult Social Care team at the **Stockport Direct Contact Centre** for the leaflet 'Paying for services provided in the community'.
- ◆ Adult Social Care services can also provide Self Direct Support as a Direct Payment. For example, a cash payment so that you can arrange and pay for services to help with your caring role. Contact the Adult Social Care team at the **Stockport Direct Contact Centre** for more information.

## Cultural or religious needs

If you have cultural or religious needs affecting your caring role, contact **Signpost** for any particular information that may be able to help, or **Stockport Council's Ethnic Diversity Service.**

## Training and support to care

We offer a range of training courses that can enhance life skills, provide skills for your caring role and help those who wish to return to work. Courses available include:

- ◆ Managing Stress
- ◆ Moving and Handling
- ◆ Eat Well, Move More, Live Longer
- ◆ Alternative Therapies including learning How to Relax
- ◆ First Aid
- ◆ IT Taster Sessions
- ◆ Legal and Financial Considerations
- ◆ Understanding behaviour in those affected by dementia.

New training schedules can be found on **Stockport Council's website at [www.stockport.gov.uk](http://www.stockport.gov.uk).** If you wish to discuss training needs, phone the Carers Training Coordinator in **Stockport Council's Staff Development Team** on 07527 387374 or email [staffdev@stockport.gov.uk](mailto:staffdev@stockport.gov.uk)



## Practical help

- ◆ You, or the person you care for, may be eligible for help with household tasks. Get in touch with Stockport Council's Adult Social Care to find out what support is available by either visiting the website **[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)** or ringing the Stockport Direct Contact Centre. If the person you care for is not eligible and they are over 50, you could contact Age UK Stockport's Wellcheck service.
- ◆ If you want advice about adaptations or equipment to help you in the home, phone the Adult Social Care team at the **Stockport Direct Contact Centre**
- ◆ If you want help or advice on repairs and improvements relating to heating, insulation or any other energy efficiency measures, contact **Stockport Council's Home Energy Conservation Officer**. For older people, **Stockport the Council's Staying Put** scheme, or **Age UK Stockport** may be able to help arrange repairs or improvements.
- ◆ If you or the person you care for are not in suitable accommodation, contact **Housing Advice**.
- ◆ **Stockport Council's Safe at Home Telecare Service** is a telephone alarm service that can help people at risk live more safely at home.

For information about any other practical help, contact **Signpost, Stockport Care Schemes** or visit the Adult Social care website at **[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)**

## Legal matters

- ◆ While a person is mentally competent they can sign a Lasting Power of Attorney (LPA), which allows them to nominate someone to act on their behalf if they become mentally incapable. The LPA can be for financial or welfare matters, or both. For forms and guidance visit the Office of the Public Guardian (OPG) at **[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)**
- ◆ As a carer, you may need to make decisions on behalf of the person you care for, if they lack the capacity to do so. Visit **[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)** for the Making Decisions guide and the Mental Capacity Act code of practice. Both include guidance on how to draw up an Advanced Decision to refuse treatment while still having capacity.
- ◆ A few people without capacity may be affected by the Deprivation of Liberty Safeguards (DoLS) whose care and treatment in hospital or care home requires restrictions and/or restraints that deprive them of their liberty. DoLS allow for authorisation of this in certain circumstances. If you have any concerns about unauthorised DoLS phone the **Stockport Direct Contact Centre** or the DoLS office on 07800 618055. For leaflets about DoLS, visit **[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk)**. Please note that sections of the Mental Health Act that detain a person against their will can affect a carer's rights.
- ◆ For more information and advice on Wills, financial planning or independent financial advice, contact **Age UK Stockport, Stockport Care Schemes, Citizens Advice Bureau (CAB)** or **MIND**.



## Health

- ◆ Does your GP know you are a carer? GPs should have a Carers register. If they are aware that you are a carer they will find it easier to support you in your caring role, helping you to maintain your physical and emotional health.
- ◆ Patient Advice and Liaison Service (**PALS**) provides confidential advice and support, helping you sort out concerns about your health care or that of the person you care for, guiding you through the different services available from the NHS.
- ◆ Information about the condition or illness of the person you care for can be provided by a wide range of organisations. For local or national details, contact **Signpost**.
- ◆ If the person you care for is at Stepping Hill Hospital you may wish to speak to the **Carers Support Officer** when you visit. Contact the **PALS** office at Stepping Hill hospital.
- ◆ If you are finding it difficult to attend medical appointments because you can't leave the person you care for, there is a free 'Back Me Up' service to help you. Contact **Signpost** for more information.

For information or advice about your general health or wellbeing, contact your GP, **PALS**, any other health or social care professional, **Signpost**, **Age UK Stockport**, **MIND**, **Stockport Care Schemes** or, if you are in hospital, the **Carers Support Worker**.

## Emergencies

Emergencies can happen at any time so plan ahead for peace of mind.

- ◆ Carry a Carers Emergency Alert Card. This shows that you are a carer and have a pre-arranged action plan to ensure the person you care for is looked after in an emergency. You will need to register for this service with **Care Call**.
- ◆ Keep important phone numbers handy by phones, in your pocket or in your bag.
- ◆ Find out about **Care Call**, or other types of monitoring systems that offer 24 hour monitoring and/or response services for older or vulnerable people.
- ◆ Be part of the 'Message in a Bottle' scheme. This is where you place a small plastic bottle in your fridge containing details of any other family, friends or local organisations who can take over your caring role in an emergency, or information about special medication or allergies. Find more information on the Adult Social Care website at [www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)
- ◆ Store the word **ICE** (in case of emergency) on your phone in front of the name of the person you want to be contacted in an emergency. This will save time if you become ill or are in an accident and cannot communicate vital information to the emergency services.



## Useful contacts

♦	Advocacy Experience	0161 337 9444
♦	Age UK Stockport	0161 480 1211
	Wellcheck	0161 477 4612
	Factsheets & Info Line	0800 00 99 66
♦	Care Call	0161 218 1655
♦	Carers Emergency Alert Card	0161 476 4224
♦	Carers Support Officer (Stepping Hill)	0161 419 4222
♦	Citizens Advice Bureau (CAB)	0844 826 9800
♦	Disability Stockport	0161 474 8283
♦	Easy-Go CT	0161 419 3580
♦	Ethnic Diversity Service	0161 477 9000
♦	FLAG (For Information and Advice)	0161 474 1042
♦	Home Energy Conservation	0161 474 2672
♦	Housing Advice	0161 474 4237
♦	Making Space	0161 456 0200
♦	MIND	0161 480 7393
♦	PALS	
	Community Health Services	0161 426 5888
	Hospital Services	0161 419 5678
♦	Ring and Ride	0161 477 6699
♦	SIGNPOST	
	Carers Break Service	0161 483 6600
	Young Carers Service	0161 456 2006
	Information line	0161 456 4276
♦	Staying Put (Home Repairs)	0161 474 4252
♦	Stockport Care Schemes	Edgeley 0161 426 5128
		Gatley 0161 426 5142
		Offerton 0161 477 8782
		Reddish 0161 476 2812
♦	Stockport Continuing Education Service	0161 480 5503
♦	Stockport Direct Local Centres	0845 644 4307
♦	Stockport Direct Contact Centre	0161 217 6029
♦	Stockport & Trafford Crossroads	0870 236 1376
♦	The Pension Service	0845 60 60 265
♦	Welfare Rights (9am to 5pm, Mon – Fri)	0161 474 3093

## How to get help

### ♦ **FLAG (For Local Advice & Guidance)** **0161 474 1041**

FLAG is your link to health and social care services and is an independent service that puts people in touch with local organisations able to provide the support needed. They have staff based in the community and an office at Graylaw House, Chestergate, Stockport SK1 1LZ or visit their website at [www.stockportflag.org.uk](http://www.stockportflag.org.uk).

### ♦ **My Care, My Choice** **[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk)**

Stockport Council's new personalised adult social care website makes it easier for people to access information about the help and support available locally, either from the Council or from local independent and voluntary organisations.

### ♦ **Social Care**

**Adults** **0161 217 6029**

**Children and families** **0161 217 6028**

**People with mental health problems** **0161 419 4678**

**Out of Hours Service (emergencies)** **0161 718 2118**

### ♦ **Useful websites**

[www.mycaremychoice.org.uk](http://www.mycaremychoice.org.uk) **Information on adult social care services**

[www.stockport.gov.uk](http://www.stockport.gov.uk) **Information on Stockport Council services**

[www.signpoststockport.org.uk](http://www.signpoststockport.org.uk) **Information on help for carers in Stockport**

[www.ageconcernstockport.org.uk](http://www.ageconcernstockport.org.uk) **Information on support available locally**

[www.carersuk.org](http://www.carersuk.org) **General information for carers in the UK**

[www.partnersincare.co.uk](http://www.partnersincare.co.uk) **Information on caring for someone with mental health problems**

[www.ageuk.org.uk](http://www.ageuk.org.uk) **Information on national campaigns and services**

[www.publicguardian.gov.uk](http://www.publicguardian.gov.uk) **Information on decision making within the Mental Capacity Act framework**

**If you would like a copy of this checklist in large print, Braille or audio format, or need help with this information in an alternative language please ring 0161 474 4614 or Minicom 0161 217 6024.**