

Who is a Carer?

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or substance misuse and cannot cope without their support. The care they give is unpaid.

As an unpaid Carer the person could be providing support with:

- Cooking
- Appointments
- Medication
- Cleaning
- Physical Care
- Providing emotional support
- Support with daily care
- Popping in to do a daily check
- Shopping
- Daily phone calls to remind
- Organisation of affairs

Why should I refer?

It doesn't matter how many hours a person supports someone for or how long that person requires support. They can still access the person centred services provided by Gloucestershire Carers Hub.

We provide a range of services for unpaid Carers who are over 18 regardless of the age of the person they support. All of our services are free.

The services which Gloucestershire Carers Hub offer include:

- **Information, Advice and Guidance** - this can include many topics such as general care advice, social care process, signposting/ referral to other specialist services, benefits advice, community support and emotional support.
- **Carers Assessments**
 - The holistic assessment is a 'light touch' assessment enabling the Carer to consider their needs,
 - The Care Act Compliant Assessment is an in-depth assessment looking at areas such as Caring role, Employment, Finances, Managing at Home, Wellbeing and Time for Self - A Carer may have eligibility needs identified through this assessment.
- **Carers Breaks** - Carers who are assessed as having eligible need under the Care Act can access short breaks - Differing forms of breaks are available depending on needs.
- **Personal Wellbeing Budgets** - Carers assessed as having eligible needs under the Care Act can be considered for a payment to be made, or items can be purchased to support their wellbeing.
- **Carers Emergency Scheme** - Contingency Planning for Carers to consider who would support or how the person they care for would be supported if they were not able to do their caring role in an emergency.



- **Training, Skills and Development including the 'Be Empowered' programme** - The Carers training, skills and development opportunities vary from physical activities, general information, and specific information sessions.
- **Be Empowered Programme** - Be Empowered is a series of awareness and information sessions to provide Carers with the opportunity to refresh their skills and understanding of recognising their strengths and abilities.
- **Health and Wellbeing** - We offer an internal health and wellbeing provision where Carers can engage in six focussed sessions reviewing their own wellbeing and are supported in goal setting.
- **Engagement with employers** - We can offer an employer toolkit indicating they are aware of Carers needs and how they can support employees to maintain employment.
- **Volunteering** - Volunteering with us gives people the opportunity to support people in their communities who care for someone. There are a number of roles available to provide support to others.
- **Peer Support - Buddy Up** - Buddy up is for Carers to increase their support network it enables them to find like minded people for companionship and support.
- **Emotional Wellbeing** - Carers can access both therapeutic counselling or the Emotional Wellbeing Pathway for carers who are experiencing a change to their caring role, which is based on the five principles of wellbeing. Both are run by external providers.
- **Health Liaison** - Our Health Liaison workers work in conjunction with health professionals to ensure Carers are supported through health services and their experiences of services are heard.
- **Carer Aware discount scheme** - Carers can access discounts/ special offers on a range of services such as refreshments, food outlets, gyms, etc. The discount scheme will be driven by Carer's feedback. The Carer Aware discount card also gives Carers a discreet way of evidencing their caring role for existing concessions that maybe offered.



For further information:

0300 111 9000 / carers@peopleplus.co.uk

To Refer:

www.gloucestershirecarershub.co.uk/refer-a-carer