CarersTogether

supporting and connecting carers in local communities

Top Tips to Help Carers

Share information with me that is relevant to my situation

Find out if I need any help with translation or interpretation

Ask if I need support or Advocacy when attending meetings

If you signpost me to other services make sure they are able to help me

Make sure I am fully involved in planning for the care of the person I look after as well as involved in the planning of my own care

Think about me not just the person I care for, I may need help too.

Respect me and talk to me as an Expert Partner in Health & Social Care. Value what I say and the things I suggest

Talk to me about planning for an emergency

Help me understand the Welfare Benefits Maze so that I and the person I look after, can access all the benefits we are entitled to

Make sure the things you offer me are flexible and fit in with my role as a Carer

Help me to understand that having good health is vital to my role as a Carer

Write down advice, information or instruction as sometimes I find it difficult to remember everything that has been said

Help me to still be me

Let me know how I can link in with other people who are in a similar situation to me