

# Are you looking after someone?

Carers Support Merton improves the quality of life for unpaid carers who live or support a person living in the London Borough of Merton.



Do you support someone with

- Practical Tasks
- Physical Care
- Personal care
- Financial Help
- Medical Help
- Emotional Support



If you provide long-term unpaid care for someone who could not manage without your assistance you may be entitled to our help and support

**Carers need information and can often require support to access services they have never used before to negotiate the complex and changing world of public services. Carers have to learn new skills, and cope with new challenges in their lives and often need help with this. Some of the ways we support carers with this is by providing:-**

### **Information and Advice**

We can give you or signpost you to information and advice on all aspects of your caring responsibility. This includes services available to you e.g. how to get a sitting service, correct benefit entitlements, direct payments, help with carers assessments, employment and training issues, help with emergency care planning in case you are faced with a personal emergency. We also keep in touch with carers by sending them a newsletter 4 times a year, a weekly e-mail bulletin, updates on our website, facebook and twitter account.

### **Advocacy**

You can give our support workers permission to speak on your behalf to resolve issues with other agencies such as social care, schools, hospitals, housing and benefit claim appeals.

### **Respite Activities and Therapies**

Carers can have the opportunity to have a break from their caring role. We organise and can signpost you to many activities and days out. We also run therapy sessions, support groups and a counselling service.

### **Young Carers**

We help young carers aged 5-18 to access support in a variety of settings including schools, supporting their emotional, physical and educational wellbeing. If you know a child who you feel may be a young carer please contact us for more information about this service.

The above is no means exhaustive so please do contact us to find out how we can help you in your caring role.



### **Carers Support Merton**

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@MertonCarers



Carers Support Merton

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