

# Advice for carers



Practical and emotional help when  
you're looking after someone



# Information written with you in mind.



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# Contents

## What this guide is about

## Getting the help you need

### What is a carer?

### Who can be a carer?

What are the different types of carers? What are the different types of people who can be carers?

## Financial support

### What is a carer's allowance?

### What is a carer's credit?

### What is a carer's pension?

What is a carer's pension? What is a carer's pension? What is a carer's pension?

What is a carer's pension? What is a carer's pension? What is a carer's pension?

What is a carer's pension? What is a carer's pension? What is a carer's pension?

## Practical tips and advice

### What is a carer's passport?

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### What is a carer's passport?

## Looking after yourself

### What is a carer's passport?

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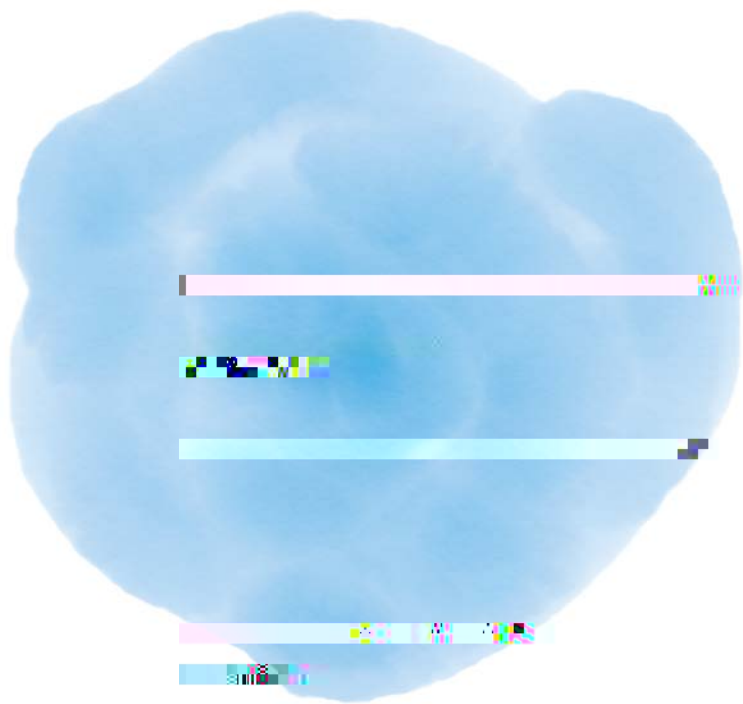
### What is a carer's passport?

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### What is a carer's passport?

## Carers support organisations

## Useful organisations



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My local council phone number is:

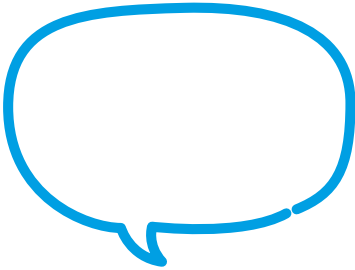
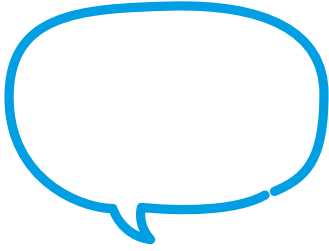
# Getting the help you need

When you're looking after someone, it can be hard to remember to look after yourself, too. But the right support can help make life a bit easier.

## Am I a carer?

What is a carer? It's someone who helps or supports another person who has a health condition, mental health problem, learning disability, or is frail or elderly. You can be a carer if you help someone in any of these ways:

- ▶ providing personal care, such as washing, dressing or feeding
- ▶ providing practical help, such as shopping, cooking or driving
- ▶ providing emotional support, such as listening to someone's problems or helping them to deal with their feelings



# Help for care

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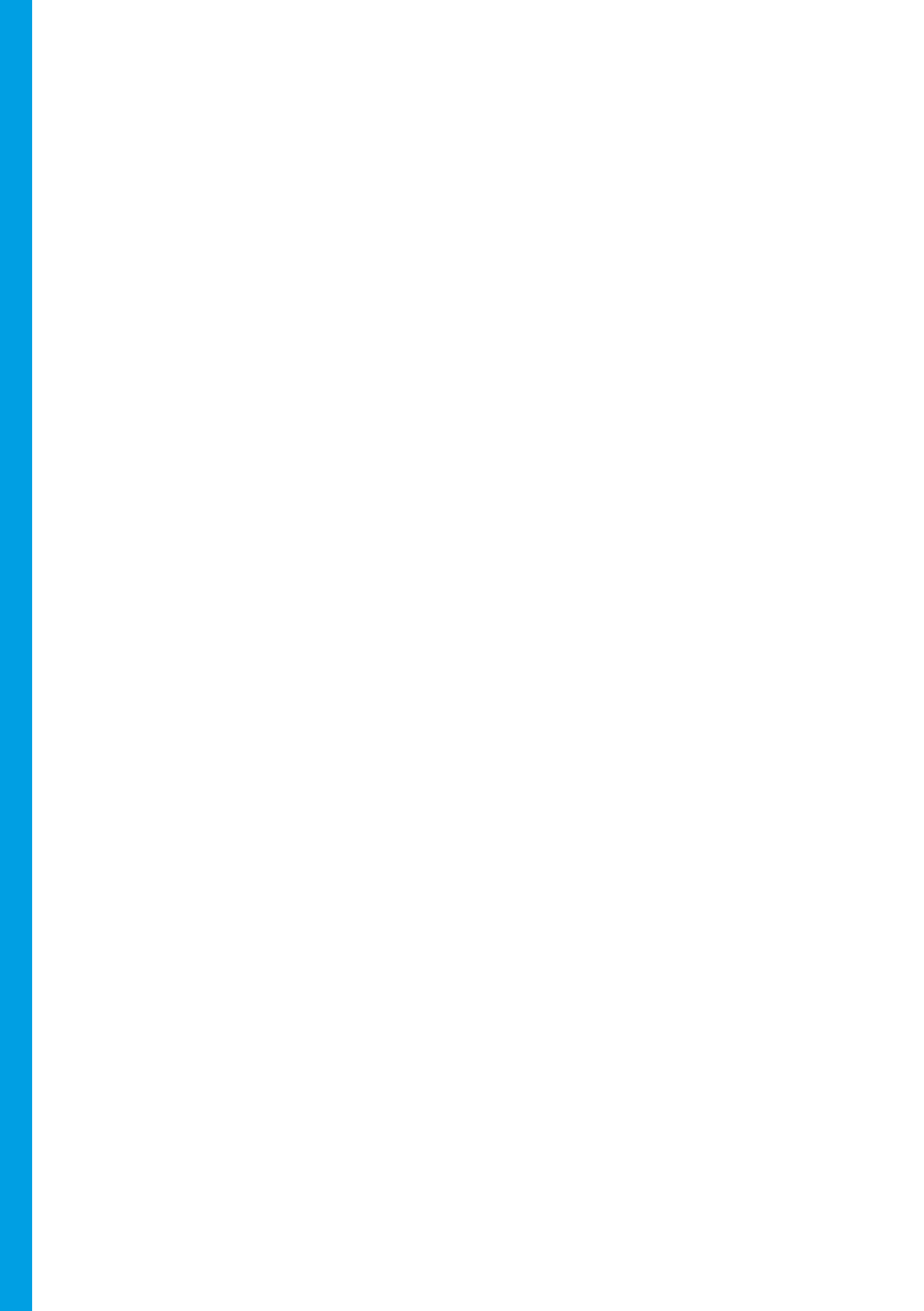
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## Assessing your needs



What will the council want to know?

# Assessing the needs of the person you care for

Regardless of income or savings, the person you care for is entitled to a needs assessment from their local council. You can ask for one on their behalf, with their permission.

## What will happen?

- The local council will send you a letter to say that you can ask for a needs assessment for the person you care for.
- You will need to fill in a form and send it to the local council. You can get help from your carer or a professional if you need it.
- The local council will send you a letter to say whether they will do a needs assessment for the person you care for.
- If they do, they will send you a letter to say when they will do it.
- The local council will send you a letter to say what they will do if they do a needs assessment for the person you care for.
- You can ask the local council to do a needs assessment for the person you care for if you think they need it.



1. The person must be aged 16 or over.  
2. The person must have a mental health condition.  
3. The person must be unable to make decisions for themselves.  
4. The person must be unable to understand the consequences of their decisions.

5. The person must be unable to understand the consequences of their decisions.  
6. The person must be unable to understand the consequences of their decisions.  
7. The person must be unable to understand the consequences of their decisions.  
8. **Caring for someone with dementia**



9. The person must be unable to understand the consequences of their decisions.  
10. The person must be unable to understand the consequences of their decisions.

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11. **Personal budgets and direct payments in adult social care**

# Financial support

While it can seem like a hassle, getting some financial support in place can be a real help if you're a carer.

## Carer's Allowance

Carer's Allowance is a weekly payment of £67.60 (tax free) for people who care for someone with a disability, mental health condition or long-term health condition.

It is available to people aged 16 or over who are not in receipt of any other state benefits.

Carer's Allowance is available to people who are not in receipt of any other state benefits, including:

• Disability Living Allowance (DLA) (including the care component),  
• Personal Independence Payment (PIP) (including the care component),  
• Attendance Allowance (AA),  
• Carer's Allowance (CA),  
• Adult Disability Payment (ADP),  
• Personal Care Allowance (PCA),  
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• Attendance Allowance (AA),  
• Personal Independence Payment (PIP) (including the care component),  
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• Adult Disability Payment (ADP),  
• Personal Care Allowance (PCA),  
• Carer's Allowance (CA),  
• Attendance Allowance (AA),  
• Personal Independence Payment (PIP) (including the care component),  
• Disability Living Allowance (DLA) (including the care component).

## Carer's Credit

### How do I claim?

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# Council Tax Support

Local authorities spend a significant amount of money on supporting people with low incomes, including those who are unemployed, disabled, or on sick leave. Council Tax Support is a way of helping people with low incomes to pay their Council Tax.

Local authorities can choose to support people with low incomes in a number of ways. Some local authorities offer a flat amount of support, while others offer a percentage of the Council Tax. Some local authorities also offer support for people who are unemployed, disabled, or on sick leave.

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# Disability benefits for the person you're caring for

Disability benefits for the person you're caring for can help cover the costs of care. There are two main types of disability benefits: Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI). SSDI is based on the person's work history and Social Security tax contributions. SSI is based on the person's income and assets. Both programs have strict eligibility requirements, including a requirement that the person be unable to work for at least 12 months or be expected to die within that time frame.

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## Personal Independence Payment (PIP)

Personal Independence Payment (PIP) is a benefit for people with a long-term physical or mental health condition that affects their daily life. It is based on the person's needs, not their income or assets. PIP is paid in two parts: a daily living component and a mobility component. The amount of PIP depends on the person's needs and the severity of their condition.

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## Common care needs to consider

When you are caring for someone with dementia, you will need to consider their common care needs. These are the things that everyone needs to do every day, such as washing, eating and drinking, and going to the toilet. You will also need to consider their personal care needs, such as their hair, skin and clothing. It is important to consider these needs because they can affect the person's health and well-being. For example, if someone with dementia does not wash or eat properly, they may become ill. It is also important to consider their safety needs, such as preventing falls and ensuring they are safe when they are alone.

### Washing and looking after their appearance

Washing and looking after their appearance is an important part of caring for someone with dementia. It helps to keep them clean and healthy, and it can also help to improve their mood and self-esteem. You should encourage them to wash their face, hands and hair regularly. You should also help them to choose and wear clean, comfortable clothing. If they have difficulty with these tasks, you should help them as much as possible. For example, you can help them to wash their face and hands, or you can help them to choose and wear their clothing. It is also important to help them to keep their hair and skin clean and healthy. You should help them to brush their hair and use skin care products as needed.

## Mealtimes

How do you know if the person you are caring for is eating enough?  
What do you do if the person you are caring for is not eating enough?  
What do you do if the person you are caring for is not eating at all?

## Help with medical treatment

How do you know if the person you are caring for is taking their medicine?  
What do you do if the person you are caring for is not taking their medicine?  
What do you do if the person you are caring for is not taking their medicine at all?  
What do you do if the person you are caring for is not taking their medicine at all?

## Communicating

How do you know if the person you are caring for is communicating?  
What do you do if the person you are caring for is not communicating?  
What do you do if the person you are caring for is not communicating at all?  
What do you do if the person you are caring for is not communicating at all?

## Supervision

# What if the application is turned down?

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# Jane's story

Jane works full time and cares for her mum.

Jane is a 35-year-old woman who works full-time as a retail assistant. She has a young son and a mother who has dementia. Jane's mother has been diagnosed with dementia and Jane has been caring for her for the past two years. Jane's mother has been living with dementia for a long time and Jane has been caring for her for a long time. Jane's mother has been living with dementia for a long time and Jane has been caring for her for a long time.

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# Looking after yourself

When you care for someone, it can be easy to overlook your own needs. But it's vital that you look after yourself, too.

## Caring and work

When you care for someone, it can be easy to overlook your own needs. But it's vital that you look after yourself, too. This is especially true if you are also working. It's important to find a balance between caring and work, and to make sure you have time for yourself. This can help you to stay healthy and happy, and to provide the best care for the person you are caring for.

# Caring and your health

It's important to take care of your health. This means eating a healthy diet, getting enough exercise, and not smoking or drinking too much alcohol. It also means taking care of your mental health. This means talking to someone if you're feeling stressed or sad, and getting help if you need it.

It's also important to take care of your physical health. This means getting regular check-ups from your doctor, and taking any medicine you're prescribed. It also means taking care of your teeth and hair, and keeping your home clean and safe.

Finally, it's important to take care of your relationships. This means spending time with the people you love, and being kind and respectful to everyone you meet. It also means taking care of your pets, and being a good neighbor. Taking care of your health is an ongoing process, and it's important to make it a priority in your life.

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Healthy living: Your mind matters

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It's also important to take care of your physical health. This means getting regular check-ups from your doctor, and taking any medicine you're prescribed. It also means taking care of your teeth and hair, and keeping your home clean and safe.







# Taking a break from caring

## Personal budget



## Carer's Allowance

Carer's Allowance is a non-contributory benefit payable to a person who is aged 16 or over and is responsible for the care of another person who is aged 18 or over and is severely mentally or physically disabled. The person being cared for must be living in the same household as the carer. The carer must be aged 16 or over and must be living in the same household as the person being cared for. The carer must be aged 16 or over and must be living in the same household as the person being cared for. The carer must be aged 16 or over and must be living in the same household as the person being cared for.

Eligibility criteria are as follows:

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## National Insurance

National Insurance is a social security system in the United Kingdom. It is a contributory system, meaning that people who pay National Insurance contributions are entitled to certain benefits when they reach retirement age or become unemployed. National Insurance contributions are paid by employees and employers. National Insurance contributions are paid by employees and employers. National Insurance contributions are paid by employees and employers.

# When caring becomes harder

When caring becomes harder, it's often because the person you're caring for is no longer the same person you once knew. This can be a challenging and emotional experience for both parties involved.

## If the person you care for is considering a care home

It's important to have a conversation with the person you care for about their feelings about moving to a care home. It's also important to have a conversation with the person you care for about their feelings about moving to a care home.

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1.  $\frac{1}{2} \times \frac{1}{3} = \frac{1}{6}$   
2.  $\frac{1}{4} \times \frac{1}{5} = \frac{1}{20}$   
3.  $\frac{1}{6} \times \frac{1}{7} = \frac{1}{42}$   
4.  $\frac{1}{8} \times \frac{1}{9} = \frac{1}{72}$   
5.  $\frac{1}{10} \times \frac{1}{11} = \frac{1}{110}$   
6.  $\frac{1}{12} \times \frac{1}{13} = \frac{1}{156}$   
7.  $\frac{1}{14} \times \frac{1}{15} = \frac{1}{210}$   
8.  $\frac{1}{16} \times \frac{1}{17} = \frac{1}{272}$   
9.  $\frac{1}{18} \times \frac{1}{19} = \frac{1}{342}$   
10.  $\frac{1}{20} \times \frac{1}{21} = \frac{1}{420}$

# Carers support organisations

Throughout this guide, we refer to national and local support services for carers. There are two main organisations supporting carers in the UK:

## Carers Trust

Carers Trust is a national charity that provides support and advice to carers. It has a network of local carers' centres across the UK. Carers Trust also provides a national helpline for carers.

Phone: 0300 772 9600 (Monday to Friday, 9am to 5pm) or 0300 772 9702 (evening and weekend)  
Email: [info@carers.org](mailto:info@carers.org)

Website: [www.carers.org](http://www.carers.org)

## Carers UK

Carers UK is a national charity that provides support and advice to carers. It has a network of local carers' centres across the UK. Carers UK also provides a national helpline for carers.

Phone: 0808 808 7777 (Monday to Friday, 9am to 5pm) or [advice@carersuk.org](mailto:advice@carersuk.org)

Website: [www.carersuk.org](http://www.carersuk.org)

# Useful organisations

## Age UK

Age UK is the leading national charity for older people. It provides a range of services to help older people live well, including advice, support, and care. For more information, visit [www.ageuk.org.uk](http://www.ageuk.org.uk)

Age UK Advice: 0800 169 65 65

(For more information, visit [www.ageuk.org.uk](http://www.ageuk.org.uk))

[www.ageuk.org.uk](http://www.ageuk.org.uk)

Age Cymru: 0300 303 44 98

[www.agecymru.org.uk](http://www.agecymru.org.uk)

Age NI: 0808 808 7575

[www.ageni.org](http://www.ageni.org)



## Crossroads

☎ : 02891 814455

✉ : info@crossroadscare.co.uk

🌐 www.crossroadscare.co.uk

## Cruse Bereavement Care

☎ : 0300 698 1612 - 12.28 - 23.60 - 337e i

🌐 www.cruse.org.uk

## Department for Work and Pensions (DWP)









<sup>†</sup> The Age UK network includes the charity, its trading companies and national partners (Cymru, Scotland and NI). We also work closely with local Age UKs. Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798).

# Can you help Age UK?

## Your details

We'd<sup>†</sup> like to keep in touch with you to tell you about the vital work we do for older people, our fundraising appeals and opportunities to support us, as well



# What should I do now?

For more information on what you can do, visit our website or call our helpline:

**Carer's Allowance**

**Caring for someone with dementia**

**Your mind matters**

For more information on what you can do, visit our website or call our helpline: **0800 169 65 65** (24 hours, 7 days a week)

Our website is [www.ageuk.org.uk](http://www.ageuk.org.uk) and our helpline is **0800 169 65 65**. We can help you with:

- Carer's Allowance
- Caring for someone with dementia
- Your mind matters

**ageUK**

0800 169 65 65

[www.ageuk.org.uk](http://www.ageuk.org.uk)

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