

If you help your family, friends,
or others in your community,

your care counts



West Berkshire
C O U N C I L

**If this sounds
like you, it's
important you
get the support
you need.**



We're not here to question the help you're giving, we're here to help make your life easier.

You might be entitled to support if you:

- Care for a family member or friend who is ill, disabled, elderly, has mental health problems, or is experiencing addiction.
- Go to work, college or school and the help you give impacts your day to day life.
- Perform these tasks outside your normal employment.

Everyone's situation is different and the support we offer you will be tailored to what you need.



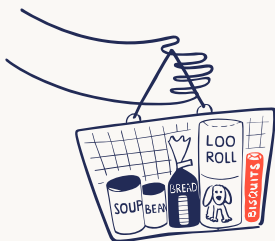


You could receive:

- Support with overall wellbeing.
 - Help with requesting a carer's assessment which can provide additional support.
 - Support with breaks – ensuring safe, professional care is provided and you have valuable time for your own wellbeing.
 - Advice on carer's rights if you work – including securing time off or flexible working hours.
 - Access to free flu jabs to help minimise the risk to the person you are caring for, but also your own health.
 - Protection against discrimination.
 - Support with claiming carer's allowance which currently is worth £83.30 a week, if you are eligible.
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Caring is vitally important – providing support where it's needed, when it's needed. Anyone can be a carer, including parents, partners, daughters and sons.

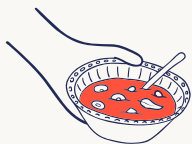
You can still be a carer even if you do not live with the person you care for.



It could be you're doing the weekly shop, cooking a meal, taking a relative to medical appointments, spending time with a friend to prevent loneliness, or supporting a neighbour with day to day personal care – for example helping them get dressed.



It could be you are supporting them for a couple of hours a week or all day, every day.



It is all care and means you are a carer.
It also means you deserve support.



We're here for you, and you count.

If this feels like you, and
you believe you could be
a carer, get in touch.



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