

Many caring today wouldn't identify as being carers

– but are faced with real practical, emotional and financial challenges because they are taking the time to care for a family member or friend.

By helping someone in your community register as an unpaid carer, you'll be making a real difference.

Let's work together to ensure unpaid carers in West Berkshire get the support they need and deserve.

 westberks.gov.uk

 Adultcare@westberks.gov.uk

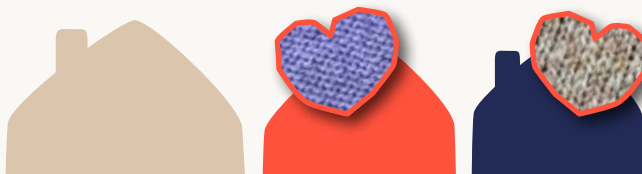
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English

If they let us know they are a carer, it provides options that could help reduce the pressures and worries they may be experiencing. It also helps us know who is a carer in an emergency.

Everyone's situation is different, and the support available will be tailored to the needs and wishes of those involved.

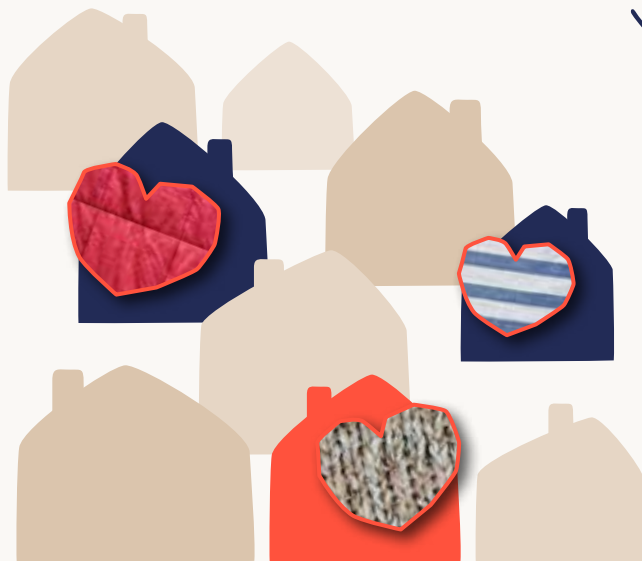
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- Support with overall wellbeing.
 - Help with requesting a carer's assessment which can provide additional support.
 - Support with breaks – ensuring safe, professional care is provided and the person caring has valuable time for their own wellbeing.
 - Advice on carer's rights if they work – including securing time off or flexible working hours.
 - Access to free flu jabs to help minimise the risk to the person being cared for, but also the health of the person caring.
 - Protection against discrimination.
 - Support with claiming carer's allowance which currently is worth £83.30 a week, if they are eligible.



Their care counts



We need your help to make life easier for people who care for others in your local communities.



? Do you know anyone who:

- Cares for a family member or friend who is ill, disabled, elderly, has mental health problems, or is experiencing addiction.
- Does things for someone that impacts on their day to day lives, for example work, college, school or other responsibilities.
- Performs these tasks outside of their normal employment.

They could be an **unpaid carer.**

Caring for family and friends is vitally important – providing support where it's needed, when it's needed. Anyone can be a carer, including parents, partners, daughters and sons.

Caring is different for everyone.



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



For some it might be a couple of hours a week, for others it may be all day, every day.

