



26th November 2020

INFORMATION FOR ADULT CARERS ON TEESSIDE

CARERS ASSESSMENTS: If you are looking after someone who can't manage without your help, you can approach your local Council's Adult Social Care and ask for a Carer's Assessment. You could be caring for someone in your family, a partner, a friend or neighbour.

Agencies that can support you to obtain an assessment are

Age UK Teesside: 01642 805500

Carers Together (Middlesbrough and Redcar: 01642 488977)

Hartlepool Carers : 01429 283095

Adult Carers Support Service (Stockton): 01429 283095

REQUEST FOR A FLEXIBLE WORKING PATTERN AND TAKING TIME OFF IN EMERGENCIES

As an unpaid carer you have a right to request flexible working, time off in emergencies and parental leave.

The Employment Rights Act 1996 gives all employees the right to take a 'reasonable' amount of time off work in order to deal with an emergency involving a dependant. It is at the discretion of the employer, whether or not the time off is paid or unpaid.

Agencies that can support you are:

Citizens Advice Adviceline: 0800 144 8848

OTHER SUPPORT AGE UK TEESSIDE CAN OFFER YOU:

GETTING A BREAK: You may get help with a break through your local Council's Adult Social Care department. Age UK Teesside offers a specific befriending service for the cared for, allowing carer a break

AGE UK TEESSIDE (Middlesbrough & Redcar only)

MANAGING SOMEONE ELSE'S AFFAIRS:

There are different ways of managing someone's affairs. Much depends on whether the person you are looking after can currently make decisions for themselves. If you want advice and support to apply for a Power of Attorney please get in touch with us on:

AGE UK TEESSIDE: 01642 805500

USEFUL WEBSITES FOR CARERS: Your local Council will have a section on their website advising you about local help and support. Here are some other sites which may be useful:

WE CARE YOU CARE: <https://wecareyoucare.info/>

CARERS UK: <https://www.carersuk.org/home>

CITIZENS ADVICE: <https://www.citizensadvice.org.uk/>

FINANCIAL ENTITLEMENTS

It is important to know what benefits you and the person you care for are entitled to. It might make a difference to your pension entitlements in the future or bring in extra money to help pay for care. To find out what benefits you may be entitled to call:

Age UK Teesside: 01642 805500

Carers Together (Middlesbrough & Redcar): 01642 488977

Citizens Advice Adviceline: 08001448848

YOUR MENTAL HEALTH & WELLBEING

Caring always involves an element of putting our own needs aside. However it's important that we look after ourselves too, so we can keep going as carers, and because we are individuals whose needs are just as valid as those of our loved ones

Redcar and Cleveland Mind have a dedicated Mental Health Practitioner who can work with carers around their own mental wellbeing concerns (Redcar & East Cleveland only)
Tel :01642 296052

Carers Together (Middlesbrough & Redcar) host a wide range of weekly activities including Virtual Coffee Mornings, Quizzes, Singalongs and History Talks as well as Information and Support Team are hosting sessions to provide Carers with a wide range of information on topics such as changes to welfare benefits and services.
Tel: 01642 488977

