



SUPPORT AVAILABLE FOR CARERS

This leaflet highlights the support and services that are available locally if you are an unpaid adult carer



Who is a carer?

If you look after someone who needs support because of an illness or disability and cannot manage without help, you could be considered a carer.

Where can I get support locally?

The council is committed to supporting you in your caring role and has dedicated adult social care teams that can help you get the advice, guidance and support you need.

If the person you care for is a Wandsworth resident we can help you find the right support and you can ask us to carry out a carer's assessment to understand your needs. You can have an assessment whether or not the person you care for has had an assessment themselves, or if they are not eligible for support themselves. If the person you care for lives in a different area then you will need to contact the council in the area where they live for support. However, you may still be able to get support from the Carers Hub Service.

For more information call **020 8877 1200** or visit **www.carerswandsworth.org.uk**

Independent Advocacy

If you have substantial difficulty in getting involved in the assessment and there is no appropriate person to help you we will arrange for an independent advocate to assist you.

What is a carer's assessment?

A carer's assessment is simply a conversation that can help you understand the impact caring is having on your life and how best to support you.

You may be able to get help and advice with financial concerns, your own health, practical help in the home, and any worries about future needs. Even if you are not eligible there are a range of services in the borough you can access free of charge.

Why should I have an assessment?

The assessment is a service in itself as well as being the gateway to other services and support. The aim of this conversation is to determine the best support for you.

This may include:

- Advice and information
- Emotional support opportunities
- Carer's Emergency Card
- Help with using technology
- Respite care for the person you care for
- Short breaks and leisure opportunities
- Training to help you in your caring role
- Advice and support to help with your employment
- Direct payments so you can choose the support you need
- Referral to local voluntary and community services who can provide further advice and support.

As part of this process we will work with you to develop a contingency or emergency plan to identify what support is needed if you are unable to look after the person that you care for.

Carer's Allowance

To claim Carer's Allowance, you must be 16 or over, spend at least 35 hours a week caring for a disabled person, not be in full-time education, and earn no more than £196 a week after tax, National Insurance, and expenses. The person you care for must also be receiving a qualifying benefit like Attendance Allowance. Earnings are £196 or less a week after tax, National Insurance and expenses

A Carer's Allowance can help you look after someone with substantial caring needs. You do not have to be related to, or live with the person you care for, but you must be 16 or over and spend at least 35 hours a week caring for them.

All claims for Carer's Allowance are considered on a case-by-case basis due to their complexity. While carer's allowance can give you extra money, it may affect certain benefits the person you care for receives. You should still apply for carer's allowance even if you already get some other benefits as there might be an increase if you have an underlying entitlement.

For more information about the carer's allowance and how to apply, please visit www.gov.uk/carers-allowance/how-to-claim or call **0800 731 0297**.

Turn2us helps people in financial hardship gain access to welfare benefits, charitable grants and support services. It has information just for carers. The Turn2us online benefits calculator makes it easier to work out which benefits you might be able to claim, and how much you could get.

For more information please visit www.turn2us.org.uk

Other benefits

As a carer in the UK, you may be eligible for benefits including Carer's Allowance, Carer's Credit, and Carer's Premium on other means-tested benefits like Pension Credit or Council Tax Support. You might also qualify for Universal Credit, Housing Benefit, or Council Tax Reduction, depending on your circumstances and the needs of the person you are caring for. It's important to check eligibility for the specific benefits available to you, as claiming one benefit can affect others.

Key Benefits	Where to find more information
Carers Allowance	Visit www.gov.uk/carers-allowance or call 0800 328 5644
Carer's Credit	Visit www.gov.uk/carers-credit or call 0800 731 0469
Carers Premium/ Addition	Visit www.wandsworth.gov.uk/council_tax or call 020 8891 1411
Winter Fuel	Visit www.gov.uk/winter-fuel-payment or call 0800 731 0160
Attendance Allowance	Visit www.gov.uk/attendance-allowance or call 0800 731 0122
Pension Credit	Visit www.gov.uk/pension-credit/eligibility or call 0800 99 1234

Check Eligibility:

Confirm the eligibility requirements for each benefit carefully, as they depend on your own circumstances and the benefit(s) the person you are caring for receives.

Impact on the Person You Care For:

If the person you care for gets an extra amount in their benefits due to a severe disability, this may be affected if you claim Carer's Allowance. Always let the DWP or Wandsworth council know about any changes.

Seek Advice:

For more information you can visit www.citizensadvice.org.uk and www.carers.org who offer free, expert advice and resources to help you understand your options and claim benefits.

Your rights in the workplace

If you are caring for someone and also working, it is important for you to be aware of your rights in the workplace. You may be able to take advantage of some or all of the following:

One week of unpaid leave every 12 months to provide or arrange for care

- Flexible working
- Time off in an emergency
- Parental leave if you have a child.

For more information, please visit www.gov.uk/flexible-working or speak to your employer.





Support available from your GP

If you let your GP know you are a carer, they can provide you with support to make sure you take care of your own health. Wandsworth GP practices:

- Keep a register of all patients identified as carers within their practice.
- Can offer flexible appointments and longer consultation slots for carers.
- Refer carers to Wandsworth Carers Centre (with the carer's permission) and signpost them to other services based on the outcome of their consultation.
- GPs in Wandsworth also offer a service that gives patients a chance to talk about social issues that may be impacting on their health with a Social Prescriber/Link Worker who can help identify support.

Carers Services in Wandsworth

Wandsworth Carers' Centre (WCC)

Wandsworth Carers' Centre offers a range of support services for unpaid carers, including information and advice, emotional support through counselling and peer groups, and practical help like respite breaks.

Telephone: 020 8877 1200

Email: info@wandsworthcarers.org.uk

Website: carerswandsworth.org.uk

Carers Partnership Wandsworth

Wandsworth Carers' Centre is the lead provider of Carers Partnership Wandsworth who currently work with a variety of partners in the borough to provide services and support for unpaid carers.

Bluebird Care

Bluebird Care provide respite services, allowing unpaid carers to take some time for themselves with the knowledge that their family member or friend is being well cared for by a professional. They provide care and support for people with complex needs in the comfort of their own home. Their staff understand that to be able to take good care of your family member or friend it is important to take good care of yourself too.

Telephone: 020 8877 4950

Email: wandsworth@bluebirdcare.co.uk

Website: www.bluebirdcare.co.uk/wandsworth-putney-battersea

Goodgym

Goodgym provide volunteer runners across the community who can carry out small tasks such as deliveries and prescription pick up for unpaid carers. They also have coach runs which are a chance for volunteers to make regular visits to an isolated member of the community who, in turn, would keep the volunteer motivated with their fitness programme by encouraging them to run to their visits.

Telephone: 020 3642 0997

Email: getinvolved@goodgym.org

Website: [www.goodgym.org/areas/wandsworth/
community-missions](http://www.goodgym.org/areas/wandsworth/community-missions)

Integrated Neurological Services (INS)

Integrated Neurological Services provides long-term, professional support for people with neurological conditions including Parkinson's, MS or stroke, and their carers; enabling people to remain independent for as long as possible and play an active part in their community.

Telephone: 020 8755 4000

Email: admin@ins.org.uk

Website: www.ins.org.uk

E&O Information correct at the time of publication.



For further information complete our online enquiry form
wandsworth.gov.uk/make-an-adult-social-care-enquiry



Visit our web pages
wandsworth.gov.uk/adultsocialcare

Our contact details

Monday to Friday from 9am to 5pm.

Telephone: (020) 8871 7707

SMS Phone: 07860 034 722

Email: adultsocialcare@wandsworth.gov.uk

Write to us at:

Wandsworth Council

Adult Social Care and Public Health

Town Hall, Wandsworth High Street

London, SW18 2PU

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wandsworth.gov.uk/privacy

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