

## **PUDDLETOWN SURGERY | CARERS**

Are you a carer? A Carer is someone who, without payment, regularly helps a disabled, ill or frail relative, friend or neighbour.

A Carer may carry out a variety of tasks, including:

- Practical help with shopping, collecting pensions, cleaning, cooking meals, washing, dressing, toileting and laundry
- Emotional support such as helping the cared-for person face pain, depression and deterioration, making them feel wanted and valued, taking responsibility for planning ahead and anticipating their needs.

A Carer may be of any age; this includes

- young Carers under 18,
- Parent Carers of children with special needs.

A Carer may be looking after someone with:

- A learning disability
- A physical disability
- A mental illness
- A sight or hearing difficulty
- Alcohol/drug related problems
- HIV or AIDS
- Other special needs relating to children and older people.

If you are a Carer, please let the surgery know either by filling in the [on-line form](#), or by informing the receptionist next time you are in the surgery. Identifying you as a Carer will enable us to ensure that you receive a special level of support, including regular meetings. We can also put you in touch with other Carers and with agencies who have special services developed especially for people in your position, such as:

- Holidays
- Opticians, hairdressers and chiropodists who visit the home
- Shops that deliver
- Meals delivered
- Sitting services
- Training for Carers
- Lunch and pop-in clubs
- Support Groups for Carers
- Laundry collection and delivery services
- Day care
- Transport
- Help with personal care
- Help with housework
- Equipment and adaptations
- Money matters
- etc.

### **Useful website(s)**

- Leonardo Trust - <http://www.leonardotrust.org/>
- <http://www.helpandcare.org.uk/>
- <http://www.sja.org.uk/sja/counties/dorset/carers-support-programme.aspx>

- Carers UK | [www.carersuk.org](http://www.carersuk.org)
- Carers Week | [www.carersweek.org](http://www.carersweek.org)
- St John Ambulance Carers Support Programme | [www.sja.org.uk](http://www.sja.org.uk)
- Carewell | [www.carewelluk.org](http://www.carewelluk.org)
- source - Choices for living your life |  
[www.sourcedirectory.org.uk/kb5/dorset/asch/home.page](http://www.sourcedirectory.org.uk/kb5/dorset/asch/home.page)