

## Who is a carer?

A carer is someone who is looking after another person/people who because of long term illness, disability or old age, is not able to care for him or herself. A carer is someone who is not paid for the care they provide. A carer can be a:

- parent - a parent carer is a parent or guardian who supports an ill or disabled child including a child or young person who is misusing or abusing substances and/or alcohol, to a degree greater than normal parenting
- partner or spouse
- friend or neighbour
- son or daughter
- brother or sister

A young carer is someone under the age of 18 who is caring for a disabled or ill member of their family including those who are misusing or abusing substances and/or alcohol. They will be taking on responsibilities that an adult would usually have and as a result, they may not have as many social, personal and educational opportunities as other young people

## Supporting carers' health and well-being

By working in partnership with Leicestershire County Council we aim to support carers to lead an acceptable level of good physical and emotional health, signposting where appropriate to specific carers support services. Carers should be able to maintain an acceptable level of good physical and emotional health and access and receive health checks and advice on looking after themselves. If you are a Carer you can complete an online form, found by clicking on this link: [www.leics.gov.uk/carers](http://www.leics.gov.uk/carers) The form is called the Impact of Caring Form, which will help you to understand the impact that Caring has on you. This may help you to get support in carrying out your caring role.

## Carers mini booklet

This useful booklet has a simple design: the perfect size for placing in to a purse or wallet, and contains useful contacts for Carer's support and information in Leicestershire.

The booklet has been developed as a direct result of feedback and comments from carers' and will be accessible to carers' through outlets such as libraries/pharmacies/GP surgeries.

The aim is to reach those who do not currently receive support or services to raise awareness and encourage more recognition of the role of caring.

[www.leics.gov.uk/carers\\_mini\\_booklet.pdf](http://www.leics.gov.uk/carers_mini_booklet.pdf)

Copies of the mini booklet are available directly from Leicestershire County Council's Carers Service on 0116 305 7415 or email [pat.fraser@leics.gov.uk](mailto:pat.fraser@leics.gov.uk)

**Figure showing numbers of carers in Leicestershire (source Census 2001)**



### **Health and well-being**

Through working with partners in Health, Leicestershire County Council supports Carers to be able to maintain an acceptable level of good physical and emotional health and access and receive health checks and advice on looking after themselves.

The following links are useful in offering advice and information on supporting Carers in Leicestershire

[http://www.leics.gov.uk/index/social\\_services/carers.htm](http://www.leics.gov.uk/index/social_services/carers.htm) - directs you to the pages of Leicestershire County Council, where you can find out more information on support for Carers in Leicestershire County. This will also lead you to the page where you can complete a Carers Assessment

[http://www.leics.gov.uk/index/social\\_services/older\\_people/leics\\_careonline.htm](http://www.leics.gov.uk/index/social_services/older_people/leics_careonline.htm) - directs you to the Leicestershire County Council's 'Care On-Line' website, a resource based totally on supporting Carers with advice, information and guidance.

<http://www.nhs.uk/carersdirect/Pages/CarersDirectHome.aspx> - directs you to the pages of the NHS web site where you can find out more about support for Carers.