

# KINGSCARE LEAGUE OF FRIENDS SUPPORTING CARERS

## Top tips for unpaid carers

### 1. Get a carer's assessment

If you provide unpaid care for a friend or family member, you have a right to a free carer's assessment.

**Care Direct 0345 1551 007**

**Devon Carers 03456 434 435**

**Torbay Carers Service 01803 666620**

### 2. Apply for Carer's Allowance

If you're caring for a family member or a friend for 35 hours or more a week, you may be eligible for Carer's Allowance and other extra money.

**Carer's Allowance/ Carers Credit 0800 731 0297**

### 3. Tell your GP/ Nurse/ Staff that you're a carer

Ask your GP to make a note on your records. They can give you advice and information about the medical condition of the person you look after. They may also put you in touch with support services provided by the NHS and other local sources of support and advice.

**NHS Wellbeing Check**

### 4. Make sure the person you're looking after is getting all the help they're entitled to.

Ask social services for a care needs assessment for the person you're looking after if they haven't already had one, to see if they qualify for council help. And check that they're getting all the benefits they're entitled to.

**Care Direct 0345 1551 007 for Cared for Assessment/list of Care Agencies.**

**Attendance Allowance/ Disability Living Allowance 0800 731 0122.**

**Personal Independence Payments 0800 917 2222. Pension Credit 0800 99 1234.**

**Employment & Support Allowance 0345 608 8545.**

**Citizens Advice 03444 111444 Assist Teignbridge 01626 888321 Kingscare 01626 357090 Age Uk 0800 055 6112**

### 5. Look after yourself as well

Being a carer can be emotionally and physically demanding. It's important that you take good care of yourself for your own sake but also to give you the strength to go on caring.

**Kingscare Carer Support 01626 357090. We also hold monthly carers meetings on the 2<sup>nd</sup> Thursday of the month at the Avenue Church Newton Abbot 10.30 – 12.00. All carers are welcome.**

**Kingsteignton Medical Practice 01626 357080**

**Carers uk <http://www.carersuk.org> 020 7378 4999. Carers Direct helpline on 0300 123 1053 support with your caring role and want to talk to someone.**

**Counselling for Carers: [c4cinfo@actioneastdevon.org.uk](mailto:c4cinfo@actioneastdevon.org.uk). 01626 325621 or 01404 549045. <http://www.c4cdevon.org.uk>.**

## **6. Create time for yourself**

Make sure you get a regular break from caring, even if it's only 10 minutes. Find out about respite care. (**Bookable respite Greycliffe Manor, Lower Warberry Rd, Torquay TQ1 1QY Phone: 01803 292106**) Other care homes offer respite also.

**Kingscare, Time For You monthly Carers Group 01626 357090 / Local social activities/ Bus trips.**

## **7. Don't be afraid to ask for help**

Charities and carers' networks can be an invaluable source of practical and emotional support.

**Kingscare 01626 357090. [www.Turn2us.org](http://www.Turn2us.org)**

**Alzheimer's Society - Devon Dementia support Service: 0300 222 11 22.**

**Dementia Carers Champion – Mary Sherwood 4DementiaCarers.org.uk.**

**Stroke Association 0300 330 350 07 40**

**Life Books – Age Uk 0845 685 1061**

**Books on prescriptions – [reading-well.org.uk](http://reading-well.org.uk) GP or health professional may recommend a particular book. Check out your local library.**

## **8. Ask your local council about aids and adaptations**

Different types of equipment or home adaptations can make your life easier and help the person you're looking after to stay safe and independent.

**Care Direct 0345 1551 007**

**Teignbridge District Council 01626 361101**

## **9. Make a plan for emergencies**

Create an emergency plan for their care in case you become ill or are admitted to hospital, for example.

Register with Devon Carers or Torbay Carers as a carer & receive a carer alert card. You can also use this card to park free at Torbay Hospital, Newton Abbot & RD&E. You can also get discount on food at the cafes, restaurants & other events.

## **10. Paying for care – this amount changes annually**

If you have savings over £23,250 you will need to pay full fees - (this is known as being self-funding). If you have savings between £14,250 & £23,250 then the local authority will pay for some of your care & you will need to contribute to the rest.

If your savings are less than £14,250, this will be ignored & won't be included in the means test - the local authority will pay for your care. However they will still take your eligible income into account. If all your eligible income is taken into account in your means-test, you must be left with an income of £24.90 per week. This is known as your Personal Expenses Allowance.

## **10A. Continuing Healthcare funding.**

In England, if you have a disability or complex medical problem, you might qualify for free NHS continuing healthcare (CHC). Not many people know about it, so it's important to find out if you're eligible and get an assessment. Ask your care home manager/ care provider or contact the local CCG to request a CHC assessment. **If you live in Bovey Tracey / Buckfastleigh / Chudleigh / Dartmouth / Dawlish / Newton Abbot / Teignmouth or Totnes Tel: 01803 210630.**

### **11. Free Home Safety Check**

Devon & Somerset Fire Service staff offer free fire safety checks in your home, advice about staying safe, install smoke alarms & check or renew carbon monoxide detectors.

**We at Kingscare can refer you or you can refer yourself by calling 0800 05 02 999. Email: [firekills@dsfire.gov.uk](mailto:firekills@dsfire.gov.uk). [www.dsfire.gov.uk](http://www.dsfire.gov.uk)**

### **12. Personal Safety**

To promote independence & confidence at home, personal alarms - pendant or bracelet are available for reassurance at the press of a button. Teigncare Alarms 01626 355135. Age uk, Call 24, Armano Technology can provide a large selection of different kinds of telecare eg: falls mats, cooker fire prevention, GPS tracker.

### **13. Independent Living Centre**

This is a free impartial equipment advice and information service run by NHS OTs who can assess your needs and demonstrate equipment for daily living and mobility. **Tel: 01392 380181. Independent Living Centre, Devon House, Brunel Road, Newton Abbot TQ12 4PB – open Wednesday 10am – 3pm, ring to book an appointment outside of these times.**

### **14. Kingscare Wellbeing Programme**

**The aim of the Health and Wellbeing Programme is to support people aged 50+ who are living with multiple long term health conditions in order that they can try to achieve their potential in all aspects of their lives. The Wellbeing Co-ordinator role is about helping people to build personal resilience in self-managing their own health and wellbeing. The aim of this support is to slow down, reduce or remove the escalation of potentially unnecessary demands on GP/hospital services due to non-medical reasons whilst improving the quality of life of the person concerned.**

#### **Kingscare League of Friends**

**Kingscare is a patient support service based at Kingsteignton Medical Practice. We provide support to patients and carers, not only to registered patients at KMP. We have a range of services that may be of interest to you & your cared for. Home From Hospital Service, Advice and Information, Welfare Benefits Service, Volunteer Car Service, Mental Health Worker, Befriending service, Memory Café, Home Shopping Service, Gardening Group, Bus Trips, Tai Chi, Visit our Charity Shop in Fore St.**

**This is not a conclusive list of support. We also have a wide range of social activities both in Kingsteignton & Newton Abbot. Please pop into the Kingscare office or ring us on 01626 357090.**

## Essential Reads For Caregivers

- **While They`re Still Here by Patricia Williams**
- **Wild and Precious Life by Deborah Ziegler**
- **The Best of Us by Joyce Maynard**
- **Now with you, Now Without You by Kathryn Leigh Scott**
- **The Conscious Caregiver by Linda Abbit**
- **Knickers in the Fridge by Jane Grierson**
- **The Stranger on the Bridge by Jonny Benjamin**
- **Dementia Carers` Pathways by David Light & Jim Delves**

## Advanced Care Planning (ACP) can help you prepare for the future.

- **Advanced Care Planning gives you an opportunity to think about and plan your priorities and preferences for your future care. It helps to open up a conversation with your family, carers, professionals, medial team to discuss your wishes.**
- **Once your affairs are in order you can forget about them and relax. Your loved ones can relax too.**
- **Make that all important list: Wills, POA, funeral plan/wishes and where to find them.**
- **What else is there to find? Where can it be found?**
- **important documents, user names and passwords, online banking, savings, 3<sup>rd</sup> party mandate for bank accounts, utility information, welfare benefits, occupational pensions.**
- **This is a small sample of forward planning. We have some Advance Care Planning booklets in the Kingscare office which are handy for you to complete to record your wishes in writing and keep somewhere safe. It should be reviewed regularly as your feelings and priorities may change over time.**

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